

## News Briefs

### Harvest Queen tickets available

Tickets are now available for this year's Harvest Queen Pageant, scheduled for April 3. The event will be at the Dolly Hand Cultural Arts Center at 7:30 p.m. According to coordinator Becky White, the event sold out early last year. Tickets are available at Barnett Bank or by calling 996-8291.

### Redistricting update

The Palm Beach County Commission will have a final public hearing on March 24 on Redistricting. The commission approved a redistricting map for final public hearing on March 3 which creates a majority African-American district. The map, which joins Riviera Beach and West Palm Beach with a concentration of African-Americans living between I-95 and U.S. 1 south towards Delray, will go up for final vote March 24. The map gives District 7 a 53.6 percent African-American majority. The Western Communities and the Glades area remain together in District 6 under this plan. According to Dr. Walter Terrie from the Florida State University Center for the Study of Population, the map "reflects the expressed desires of many persons, of all racial backgrounds, who spoke at the public meetings on the proposed maps."

He went on to say that it is a compromise between creating a majority African-American district and "keeping the Glades and Western Communities together in one district. In other action, the Commission approved an agreement with the City of Belle Glade to pursue the development of farmworker low-cost housing. The agreement allows Belle Glade to use \$181,197 from interest earned on Packet of Poverty Program funds for the housing.

## Governor's office swamped with calls and letters on SWIM

By Brenda Bunting  
Editor

The governor's office has been receiving "swarms of calls and faxes," opposing the implementation of the Everglades Surface Water Improvement and Management plan, according to Marcie Stevens with Governor Lawton Chiles' Environmental office.

"Most of them are asking the governor to attend the March 12 meeting," said Ms. Stevens. On the other side of the coin, Jim Lewis Communications Director for the Department of Environmental Regulation said he has received over 700 letters from environmentalists and others thanking the governor for "making those polluters clean up the Everglades."

Calling the governor and sending letters by facsimile is one of the strategies Glades residents agreed to take at a town meeting held in Belle Glade Monday night.

The meeting drew over 160 Glades residents who said they are concerned that if the SWIM Plan is implemented, between 10,000 and 15,000 people will be out of jobs.

"This is about your life and your children's lives," said Belle Glade Mayor Cate "Happy" Tucker. "It's the death of a area. This is it, folks."

Mayor Tucker said his family came to the Glades in the early 1900's. "I don't want to see this area die and I know you don't

either," he told a standing room only crowd.

George Cooper, owner of Glade and Grove Supply in Belle Glade, chaired the meeting. He is chairman of a newly formed organization called the South Florida Economic Preservation Council. The South Florida Water Management District Governing Board is scheduled to adopt the final Everglades SWIM plan and rule on Thursday, March 12 at their offices on Gun Club Road in West Palm Beach.

The chairman of the SFWMD Allan Milledge has been quoted as saying that losing jobs to protect the Everglades is acceptable and that Glades residents have no ability to control the results of the SWIM plan.

Mr. Cooper said he believes some members of the board will listen to citizens in the Glades if they attend the meeting in numbers and express their concerns.

"It's a whole lot harder to put people out of jobs when you gotta face them," he said.

Opponents of the SWIM plan say they only want the SFWMD to look at alternative plans, such as a study done by Duke University, before they make a decision which will affect over 30,000 people on the south end of Lake Okeechobee.

"Let's face it," said Mr. Cooper, "there's not going to be

a town here. There's going to be a truck stop, if they have their way. Margaret Stoneman Douglas said it when she said she wants to see agriculture wiped out of the Everglades."

The plan calls for 56 square miles of land to be taken out of production and used as a filtering system for excessive amounts of phosphorus.

Farmers will also be fined \$10,000 a day under this plan if they do not meet water quality standards set by the SFWMD. Cooper said most of the staff at the SFWMD don't believe the current SWIM plan will work. The plan requires runoff to be two times purer than rainwater.

Mr. Cooper said citizens must attend and speak up at the board meeting if they have any hope of swaying the board.

"It's at the point now where its fish or cut bait," he said. "We're not big sugar, we're not the Fajals, we're the little guys who have something to say."

Bob Buker, Vice President of Corporate Affairs for US Sugar also spoke at the meeting. He said if the people are put out of business in the Glades due to the high cost of the clean up and the amount of land the SFWMD wants to take out of production, there would not be anyone left to pay for the clean up.

"We need more time and there are alternative plans they need to look at," he said.

## 310 tenants sign petition to keep Mills as director

By Bill Phillips  
Staff reporter

Tenants want Randy Mills to be the executive director of the Pahokee Housing Authority, at least 310 of them.

In a letter sent to the Region IV office of HUD, Doris Barnes a tenant at 830 Padgett Circle said, "This letter is concerning HUD's decision to dismiss Mr. Mills from the position of Executive Director of the Pahokee Housing Authority. We know about his past problem and feel that this

should not prohibit him from getting this job."

She went on to say, "We are very adamant about our concern in keeping Mr. Mills and as concerned citizens, we will do everything within our rights and power to keep him here, even if it means traveling to your office in Jacksonville by bus loads, or meeting with our Congressman, Tom Lewis, to protest it. His return to the Housing Authority is the best thing that has happened to this community in years."

The letter said that the press only told one side of the story. According to Ms. Barnes, the tenants are willing to have fund raising activities to help pay back the money HUD alleges that Mills owes.

At their last regular board meeting, the Pahokee Housing Authority put Mr. Mills on leave with pay until problems could be worked out with the HUD Office in Jacksonville.

Mr. Mills was signed to a one year contract to be the executive director.

See Mills, page 3



"We're running out of time," said Bob Buker, Vice President of Corporate Affairs for US Sugar at a Town Meeting held Monday night in Belle Glade.

## Come on out to the fair...

The Hendry County Fair is being held at the fairgrounds in Clewiston on March 16-21, and *The Sun* wants to give one lucky family the chance to attend the fair as our guest.

Inside this week's paper you will find a special section highlighting some of the many different events happening at the fair. Hidden somewhere in that section is a special Scrambled Word, a word unlike any you have ever seen before. If you find the Scrambled Word, and are the first one to visit our office at 1417 N.W. 16th Street, Belle Glade, during regular business hours, you can win a certificate good for one night's free admission for you and your family to the Hendry County Fair.

Remember, there is only one correct Scrambled Word in the special section. Find it, and be the first one to our office with the correct word, and you can go to the fair as guests of *The Sun*. Good Luck!

## Crusaders are headed for state

By Bill Phillips  
Staff reporter

"Ladies and gentlemen, will you please get back in your seats, there is still one second remaining on the clock," said the announcer to a jubilant crowd of over 700 in the Christian Day School Gymnasium.

The scoreboard read HOME 86, VISITORS 52 as the spectators sat back down to watch the visitors miss their last foul shot and hear the buzzer that will send the Crusaders to the State Playoffs in Tallahassee this Thursday and Friday.

The only thing hotter than the gymnasium was the team on the court and the crowd didn't seem to mind the heat. The Crusaders dominated the entire ballgame from beginning to end.

At the end of the first quarter, the score was Christian Day - 14, Panthers - 12; and it looked like anything could happen.

But, by the end of the first half with a score of CDS - 37 and the Panthers - 20, it was beginning to look like the eventual outcome was assured.

The scoring in the third

quarter took its final toll on the weary Panthers and wound up with CDS - 57, Panthers - 35.

With one second remaining on the clock and well wishers rushing onto the court officials asked everyone to sit down so that the time could run off the clock. The final score was Christian Day 86, Panthers 52.

The game was a real victory for the Crusaders and they were congratulated by their fans.

Members of the Crusaders team are: Jay Jacks, Jason Strickland, Gabriel Garcia, Keith Hilyer, Ted Harden, Myles Tyler, Chris Cunningham, Moises Morales, Andy Hermida, Leon Perryman, Scott Heading, and Calvin Bowers.

Starters for the game were Jay Jacks, Teddy Harden, Gabe Garcia, Calvin Bowers, and Jason Strickland.

The Crusaders will face Jacksonville-Trinity Christian on Friday night in the semi-finals and if they win, they will play in the State 1-A finals Saturday night at 7 p.m.

The Crusaders are only two games away from becoming state champs.



We're number 1...Four of the Crusader cheerleaders are (L-R) Tammy Burroughs, Becky Tullio, Jena Salvatore, and Vivian Reyes. The girls were all smiling when Christian Day defeated the Bradenton Panthers to take the division title last Saturday night.

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**AQUATIC PLANT MANAGEMENT ON LAKE OKEECHOBEE TO BE ADDRESSED PUBLIC INFORMATION MEETING SET**

JACKSONVILLE, Fla.—The U.S. Army Corps of Engineers, Jacksonville District, will hold two public information meetings March 17-18 to address plans for management activities on Lake Okeechobee in the coming year. The Corps directs the federally-funded aquatic plant management program on the lake.

The March 17th meeting will be held in Belle Glade at the Belle Glade City Hall. On March 18th, the meeting will be held in Okeechobee at the Okeechobee Civic Center. Both meetings are scheduled from 7-9 p.m.

Representatives from the Florida Department of Natural Resources, the University of Florida's Center for Aquatic Plants, Florida Game and Fresh Water Fish Commission, Florida Department of Environmental Regulation, and the United States Department of Agriculture will be present. Representatives from the South Florida Water Management District, which conducts treatment operations under an agreement with the Corps will also attend the meetings.

The Corps will give a presentation on the current status of the aquatic plants and the lake areas scheduled for upcoming treatment. In addition, a SFWMD herbicide applicator will give a presentation on the duties and responsibilities of a herbicide applicator on Lake Okeechobee.

Problem aquatic plant species infesting the lake are hydrilla, water lettuce and water hyacinth. Severe infestations of these exotic aquatic plants can interfere with boating, fishing, navigation, flood control and water quality management, but due to recent management efforts, floating aquatic plants are at very low population levels.

The public is cordially invited to attend. Additional information may be obtained by contacting Ron Miedema, U.S. Army Corps of Engineers, Jacksonville District, Natural Resources Management Office, 525 Ridgeland Road, Clewiston, Florida 33440-5399, or call (813) 983-3335.

**Kid of the Week!**

**"I thought I needed an operation."**

Tawanda Jacobs  
 Canal Point, Elementary School  
 3rd grade

"I woke up in the middle of the night with the most terrible pain in my stomach. It hurt so bad...my Mom rushed me to the hospital. I was scared. I thought I needed an operation. The doctors and nurses helped me right away. Not only did they make me better, they made me smile."

Tawanda's stomach pain, although serious didn't require surgery, and today, her memories are not of the discomfort - but of the comfort and care she received from the emergency room doctors, nurses, and staff at Everglades Memorial Hospital...who took the time to care.

When you or someone you love becomes suddenly sick, or injured, minutes can seem like hours. The prospect of medical care can sometimes - especially to children - be as frightening as the injury itself. The Emergency Services Department at Everglades Memorial Hospital understands just how frightening going to the hospital can be.

Our goal is to be sure that you receive the best medical care possible, as quickly as possible. Twenty-four hours a day, seven days a week Everglades Memorial Hospital's Emergency Room is staffed with physicians who specialize in Emergency Room medicine, and have special expertise with children.

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*We take the time to care.*

**Group gets tour of South Bay Growers**



Winners of a free weekend toured South Bay Growers, a subsidiary of U.S. Sugar Corporation, and tasted fresh celery from fields in Belle Glade.

**Weekend Winners From Across Florida Arrive In Clewiston. Visitors Stay At Historic Inn**

The winners of a free weekend in Clewiston arrived in town on Friday, March 6, for two days of tours, picnics and airport rides, as guests of the United States Sugar Corporation.

They were among 28 people from throughout Florida whose names were drawn from the entries at the U.S. Sugar display at the Florida State Fair Tampa last month, and the South Florida Fair in West Palm Beach in January.

The winners stayed in the historic Clewiston Inn, which is listed in the National Historical Registry. They also enjoyed most of their meals in the Inn's fine restaurant.

During their visit to Clewiston, located in Hendry County on the south shore of Lake Okeechobee, the winners toured the sugar cane fields and harvest, followed by lunch in the South Shore Village cancutters' mess hall. A special tour was conducted at the Clewiston Sugar Mill, the oldest and largest commercial sugar mill in operation in Florida, where sugarcane is processed into raw sugar.

The winners also had an opportunity to view the winter vegetable harvest at U.S. Sugar's South Bay Growers Co. These fields provide more than 20 percent of winter leaf vegetables consumed by Americans living in the eastern United States. In addition to viewing these agricultural and industrial resources, the visitors were treated to an airport tour of Lake Okeechobee, one of this country's great natural resources.

In welcoming the winners to Clewiston, J. Nelson Fairbanks, president and chief executive officer of U.S. Sugar, expressed his appreciation for their interest in visiting what he called, America's Sweetest Town.

U.S. Sugar Corporation, one of the largest producers of raw sugar in the nation and a major grower of winter leaf vegetables, has been headquartered in Clewiston since the Company's founding more than 60 years ago.

This weekends visit included 14 of the 28 drawing winners. The other 14 winners will be claiming their free Clewiston weekend in the fall.

**SFWMD sued by three growers**

Three Everglades Agricultural Area farm entities filed suit in Leon County Circuit Court March 6 against Allan Milledge, Chairman of the South Florida Water Management District; Secretary Carol Browner of the Department of Environmental Regulation; and Governor Lawton Chiles charging that the Everglades Settlement Agreement is illegal under the United States Constitution and Florida law.

The suit asks that the Everglades Settlement Agreement be declared illegal and that the Defendants be stopped from taking any further steps to implement the terms of the agreement. It further asks that not let what they term an illegal settlement agreement poison the well of the state administrative hearing process.

The plaintiffs are the Western Palm Beach County Farm Bureau, KWB Farms, and Roth Farms Inc.

Plaintiff Rick Roth said, "the legal analysis in the complaint is complex, but its roots are in the long history of U.S. Supreme Court decisions defining the relationship and the respective powers between state and federal governments."

"We contend that the United States Federal Court has no authority to interpret and enforce a very ambiguous state regulation such as what constitutes a numerical value for a narrative standard for Class III water in the state of Florida," he said. Currently state law reads that discharges to waters of the state shall not create an imbalance in flora and fauna.

The suit also contends that when Gov. Chiles surrendered his sword in open court in the federal courthouse in Miami, he surrendered that which he had no authority to surrender...that is the sovereign right of the people of Florida to govern themselves and to manage their own water.

"I would encourage the press and anyone interested in the settlement agreement to read a copy of the lawsuit and make their own analysis," Roth said.

**Juveniles arrested for car burglaries at Fina Station**

Three juveniles who allegedly broke into several cars parked at the Belle Glade Fina Station on South Main Street are under arrest for burglary and petit theft, according to the Belle Glade Police Department.

Lt. Jack Pulenwider said the youths were ages 14, 15 and 16. The incident happened about 11:45 p.m. on March 5.

Sergeant M.E. Johnson was on patrol and noticed a suspicious vehicle parked at the station.

Patrolman Robin Hollingsworth responded as a back-up unit and observed another vehicle pull out from the rear of the service station.

He pursued the car and stopped the driver on S.W. Avenue B, just west of South Main Street. Patrolman Mark Miller went to the Fina Station and found that five cars that had been left at the station for repairs had been burglarized.

The radio from each of the cars was missing. Patrolman Hollingsworth said the radios were found in the car he stopped.

One of the juveniles confessed to the burglaries. The boys were transported to the Juvenile Detention Center in West Palm Beach pending a hearing and the tow other juveniles were released to their parents pending court action.

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## Officers installed for Heart Assoc.

Formal organization of the Glades Division of the American Heart Association was completed recently at the Belle Glade Elks Lodge in Belle Glade, according to Lester Baird, newly elected President of the Division.

Elected to head the new organization as officers in addition to Mr. Baird, President, were Lomax Harrelle, Vice President, Sue Teets, Secretary.

Elected to serve on the Board of Directors as committee chairperson of the new Division were Community Program Committee Chairman Jeff Altman, Development Committee Chairman Sue Maggio, Volunteer Recruitment and Retention Committee Chairman Don Flihs, and Communications Committee Chairman Brenda Bunting.



Newly elected officers...A Glades Division of the American Heart Association has been formed. New officers are, from left, Lomax Harrelle, Vice President; Brenda Bunting, Communications Chairman; Sue Maggio, Development Committee Chairman; Sue Teets, Secretary; Don Flihs, Volunteer Recruitment and Retention Committee Chairman and Lester Baird, President. Not shown is Jeff Altman, Community Program Committee Chairman.

## Bike rodeo at Park

The Traffic "Enforcement Team of the Palm Beach will hold the 1992 Bicycle Rodeo Extravaganza in several locations around the county this Saturday, March 14.

The group will be at Pioneer Park on State Road 715 beginning at 10 a.m. In case of rain, the group will meet March 21.

Safety certificates will be presented to all participants. Participants should bring their own bicycle. Refreshments will be served.

The event will also be at the Palm Beach Mall in West Palm Beach, at Spanish River High School in Boca Raton, at Liberty Park Elementary School in Greenacres and at the RCA Building in Palm Beach Gardens.

## Victim gets property back

Property stolen from Mr. Adrian Boots of 809 N.E. 30th Street was recovered by the Belle Glade Police Department and two juveniles will be arrested on charges of armed burglary, grand theft of a firearm and petit theft, March 6.

According to Det. Sgt. Curtis Stambaugh, Mr. Boots reported the theft of two shotguns, a 30-06 rifle and a 22 rifle along with some diving gear, a watch,

and some change at 7:38 a.m. That afternoon, at 4 p.m., Belle Glade Dispatcher Carolyn Nehls reported she saw a juvenile with a rifle wrapped in a coat on N.E. 30th Street.

Patrolman Patrice Matchett and Patrolman Reuben Prince located the youth and a 30-06 rifle was recovered.

Further investigation led to the questioning and arrest of another juvenile. The two

shotgun and the 22 rifle were recovered and the watch was also recovered.

Both juveniles, ages 13 and 14 confessed to breaking into Mr. Boots home. They were charged and taken to the Juvenile Detention Facility in West Palm Beach.

The boys also confess to two other undetected burglaries in the area.

## Palm Beach County Commission approves low-income housing

The Palm Beach County Commission has approved an agreement with the City of Belle Glade to pursue the development of farmworker low-cost housing.

The agreement allows Belle

Glade to use \$181,197 from interest earned on Pocket of Poverty Program funds for the housing.

The Commission has also approved an agreement with Neighbors Organized for

Adequate Housing to provide \$47,800 in Community Development Block Grant funds for off-site improvements to support the development of Glades Diamond Elderly Housing.

## Brozon wins hand crafted quilt

Recently friends, community leaders, and clergy of the Glades Lakeside Communities gathered in Pahokee to help celebrate the fiftieth anniversary of the Church of the Holy Nativity, the first of the Episcopal churches in the Glades.

The celebration was part of

the Annual Shrove Tuesday Pancake Supper and featured a drawing for a quilt, "The Pahokee Star," designed and handmade by Sister's Choice of Lake Harbor.

A highlight of the evening was when Guild President, Sherry Painter, asked Charter

Member, Catherine Kennedy, now of Boynton Beach, to have the honor of drawing for the quilt. Marion Brozon of Canal Point was the winner.

Several hundred guests enjoyed a menu of pancakes, sausage, baked apples, and beverages.

from page 1

## Mills

Executive Director of the Pahokee Housing Authority several weeks ago.

Apparently the board and the tenants association want Mr. Mills at the Authority and regardless of what happens, he is under a one year contract.

HUD officials in Jacksonville, argue that Mills should have

never been hired back because of an agreement he had signed not to seek employment with the Authority.

Mills contends he did not seek employment with the Authority. He says the board sent representatives to his home and asked him to come back to work.

Housing Authority Board Members say that HUD is sending them a signal that they don't know what they are doing.

In the meantime, the only people suffering are the tenants, due to the fact that there is no one at the PHA with the expertise to run the operation in Mills absence, according to the tenants association.

## DENTAL HEALTH QUESTIONS

Why does the Dentist need X-Rays of my mouth?

Studies show that without x-rays dentists would miss more than 50% of the decay between teeth. X-rays also aid in the diagnosing and treating of dental problems, such as abscesses, cysts, tumors and impacted teeth.

Why do I need Root Canal Treatment? It's the only way to save a tooth when the pulp, which contains the nerve and blood supply is diseased or damaged. A common reason for root canal treatment is an infected or abscessed tooth,

which may result from a deep cavity, gum disease, a fractured tooth or a sharp blow to the tooth. Symptoms may include sensitivity to hot and cold, but don't be reassured if the pain disappears - that could mean the nerve has died.

What is a Crown? Why isn't a filling enough? A crown is a cover or cap for a damaged tooth that restores it to its normal shape and size. It's used when a tooth has extensive decay or has been fractured.

Why do Wisdom Teeth usually need to be removed? Wisdom teeth, also called third molars are the last teeth to come in, usually in the late

teens or early twenties. Sometimes there is not enough room in the mouth for all four to come in, this can damage other teeth and cause painful inflammation and infection. They can become decayed because it's difficult to clean back there and cause problems for denture wearers later in life.

Early removal avoids costly and painful problems that might occur later if a tooth becomes infected. Removal is simplest between the ages of about 17 and 20 when the roots are at least partially formed.

Ray G. Behm,  
Jr., D.D.S.

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STOP! OR MY  
MOM WILL  
SHOOT! (pg13)  
STARRING  
Sylvester Stallone

# OPINION PAGE



Feel strongly about local issues?



INVITES YOU TO  
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996-6636

## Something needs to be done about Holy Way leader

I have just finished reading the article in the last edition of your paper on the Holy Way leader who was arrested for the second time for sexual acts with a child.

I am so upset I don't know what to do. How much longer are the law enforcement people going to turn their heads and let this man get away with what he is doing to these teenage girls?

This man has broken his probation from day one. He was sentenced to a number of years to be on probation. He hasn't abided by anything he was supposed to do.

I just think that it is awful that something can't be done to stop this deranged man from abusing these children, time and time again. He is no better than Charles Manson or Jim Jones and I think it is time the law took their heads up out of the sand and put this man away. He is not fit to be in our society.

**Editor's note:** This Speak Out was edited to remove an allegation that has not been proven in a court of law. We share the caller's concern, but callers must remember to stick to proven facts when it involves criminal acts. Thank you for Speaking Out.

## Safety rules should be followed

I'm calling about the crossing guards. I think that something needs to be done about them, especially the one at (deleted) because she stands in the middle of the road and it could be one of these foggy mornings and she could get run over.

Also, she doesn't pick up her sign that says "Stop" when the children are crossing and I think that is not a good idea. I would appreciate it if something were said about it.

**Editor's note:** I deleted the name of the school mentioned in this Speak Out and called the proper authorities to relay your concern. The crossing guard will be spoken to and reminded of safety measures and the proper way to do her job. Thank you for Speaking Out.

## Why aren't we told facts?

This is a concerned citizen of Belle Glade and I just wanted to speak my piece about something I don't understand.

Why doesn't the police department let you know for the paper about all these auto burglaries that have been going and about people breaking into other people's houses.

I know my son's car got broken into over the weekend and they took everything he had in his car. There were three cars broken into in the Southeast section that I know of and three cars and a house broken into on the Linda Road area and there have been trailers broken into and a house on the street I live on was broken into. This has been in the last two weeks.

I feel that the citizens of Belle Glade should

be aware of what's going on because maybe we could protect ourselves from all these burglaries if we knew what's going on.

We could keep our eyes open for cars coming up and down the street and whatever, and I hope that you will print something of what I've said to the paper.

**Editor's note:** We asked Belle Glade's Police Chief Michael Miller to respond to this caller's concern. Here is his reply.

"Yes, we are having some burglaries in the city and we are doing everything we can."

Mr. Miller said the police department is planning a public forum in April to let citizens share their concerns. The forum will also be used as an educational tool to let citizens know how to help prevent crimes in their neighborhoods.

## It's not the faculty's fault

This is to the concerned citizen of Belle Glade who wrote about Lakeshore Middle School. They have security. I am a night custodian and it's your children who break windows out, breaks glass out, we also had a car stolen we also had BB guns shot.

Don't make it seem like it is any of the faculty's fault that this is going on. We, ourselves have to be concerned about our own children at night. It they be clear of the streets at night, they'll be clear in the hallways in the daytime.

## Teens need a place to go

I am a teenager who goes out every weekend and I'm concerned because I heard that if the police catch you up town, say at Taco Bell and they catch you more than twice (hanging around) that night you will spend the night in jail.

I was just wondering, we can't go to the lot, we get ran off from there, we get ran off from Taco Bell, from the lake, where are we suppose to go?

You all don't have a recreation center for us here or anything. I just think you all need to get it straight and let the teens have a place to go. You tell us to stay out of trouble and then when we try to stay out of trouble and just hang around up town you all run us off. I don't think it's fair.

**Editor's note:** If it's any consolation, this is the same complaint we had as teens over 20 years ago!

I asked what the status was on the teen center planned at Airport Park. I found out the center was never planned as a recreation center, only as a place where teens could go to socialize. The park is open until 10 p.m. every weekend.

Also, Police Chief Michael Miller said the police department does ask the teens to move away from a certain area, but only if someone complains, and obviously, that's what's happening.

Is there anyone out there with any suggestions as to what these teens can do for recreation or where they can go to socialize with their peers?

# Guest Editorial

By Melissa Robinson of Job Service

## March 8-14 is National Employ the Older Worker Week.

Nearly 40 million working Americans are middle-aged or older people. They are men and women holding top positions in industry and government, and they are workers producing a wide variety of goods and services. As a group, they have no serious job problems -- so long as they are regularly employed. Yet workers over 40 who lose their jobs commonly have great trouble finding new ones, and the search is increasingly difficult as they grow older.

Employer reluctance to hire these workers persists despite a wealth of evidence that age

discrimination makes no sense at all. The costs of age discrimination are high. Besides personal hardship, they include disproportionate public expenditures on unemployment insurance for older workers. A less obvious cost is the productivity loss associated with neglect of older workers' skills and experience. It is a loss the Nation can ill afford.

To focus attention on this problem, National Employ the Older Worker Week is being observed March 8 through March 14, 1992. It is a good time for each of us to examine our attitudes toward older workers. Hiring on the basis of ability, not age, is a matter of basic fairness. It is also good business.

## Rincon latino

por Gaspar Pichardo

## Grises Augurios Sobre Belle Glade

El suelo es su fortuna. -- Her soil is her fortune --, como se destaca en el emblema de nuestra ciudad, que es una bendición de Dios arrancada al lecho de las aguas, por al proeza de los hombres.

Fertilizada por la afuencia de las aguas del lago Okeechobee, que reciben y devuelven a travs de una red inmensa de field ditches y canales, la produccion agrcola de Belle Glade y los pueblos aledaños, --Clewiston, South Bay, Pahokee, Canal Point-- alcanza cantidades fabulosas.

Todo alrededor de estos pueblos depende de la agricultura que genera beneficios multimillonarios, entre sus promotores y obreros, comerciantes e industriales, medios educacionales y profesionales, en fin que la industria agrcola es la espina dorsal de estos pueblos.

Actualmente estan llegando a feliz termino las labores de la zafra asucarera. Las condiciones climatologicas han sido altamente favorables al mayor rendimiento de las caas y los vegetales. Ya el pueblo se prepara a celebrar el Black Gold Jubilee, que se efectua cada aao a la terminacion de la recogida de las cosechas, que constituyen el modus vivendi de la zona.

Desafortunadamente, como enuncia el titulo de este comentario, no todo en estos momentos parece ser satisfactorio. Ya conocemos las raices del problema. Ecologistas, a cargo del estudio de

las relaciones entre los organismos y el medio en que viven, asi como funcionarios estatales y federales, achacan la desaparicion paulatina de la flora y fauna nativa, a la pobre calidad del agua.

En la ultima Edicion de The Sun, su Editora Brenda Bunting, con la asistencia de Margaret Barretto, asi como Bill Phillips, Staff reporter han realizado una serie de entrevistas para mantener informados a sus lectores. Dada su importancia comentamos en nuestra columna sus averiguaciones.

El Distrito Federal del Sur de la Florida a cargo del manejo del agua (SFWMD) se prepara para aprobar el plan final de Everglades SWIM -- Surface Water Improvement and Management --. La reunion esta programada para este jueves dia 12 a las 5 p.m. en el City Hall.

"El plan impondra restricciones a la agricultura que forzara el cierre de dos Ingenios y la inundacion de 58 millas cuadradas de valiosas tierras de cultivo. George Cooper, propietario de Grove Supply y leader de South Florida Economic Preservation, sigue diciendo: La adopcion del plan afectaria a todos y cada uno de los residentes de los Glades. De acuerdo con proyecciones preliminares, entre 10,000 y 15,000 empleos se perderian, y muchos agriculores quedarian fuera del negocio."

Hagamos planes para asistir al meeting programado. Nuestros intereses estan en juego.



## Local businessman writes elected officials about the SWIM Plan

I work for a family owned two-way radio shop where we maintain Motorola Radio equipment for the agricultural industry as well as law enforcement, fire/EMS and companies related and unrelated to the agricultural industry. This business has been in this community form almost 40 years. I am a third generation technician for this company and really do not see where there will be a possibility for a fourth.

The South Florida Water Management has before it and will discuss accepting the SWIM Plan. This plan has many short comings. Using scientific means to solve the problems is the correct way, but the science being used in this plan has not been proven to work. The SFWMD and its scientists and environmentalists have not allowed their work to be properly scrutinized by the scientific community. I am not talking about just Duke

University, but other renown colleges to see if the plan has merit. The fact that they will not disclose their data proves that their findings will not support the financial expenditure of the plan.

Talking about finance, this plan is expected to cost about 600 million dollars. You intend to put thousands of acres of farm land under water, then tax the farmer, then to fine the farmer for not making the water on his property cleaner than rain water. Just so you will know, at this time it's technology impossible to clean water cleaner than rain water.

Are you aware that most bottled waters (Ex. Evian) have more phosphorus than the SWIM Plan allows? Once this plan is enacted, people will begin to lose their jobs. They will be unable to find work in related field because there will not be one. They will then end up in the unemployment lines, straining an already overburdened state system. How

will an unemployed person pay his or her taxes or vote, because when he or she does vote it will not be for the one who took their job away. For the people who lose their jobs, is the state going to retrain them to work in a new field or let them go like a leaf that breaks off a limb. The SWIM Plan does not allow any financial responsibility for displacement.

As you can see gentlemen, you're about to destroy a billion dollar industry without considering that there might be a better plan that will not on-saver jobs but the Everglades as well. I just hope that it is not too late, and that 2-3 years from now I will still work in electronics in the area I have lived my entire life.

Governor, please come to the meetings, March 11, 1992 to explain your stand on this issue.

Gene Bair  
Bair's Electronics Service, Inc.

**Editors note:** The POLICE NEWS in this newspaper lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.



## About letters

To voice your opinion about Glade's issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

THE SUN  
417 N.W. 16th Street #6, Belle Glade, FL 33430

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- ✓ To use our opinion pages to facilitate community dialogue, not to dominate it with our own opinions.
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# OPINION PAGE

## Guest Editorial

**By Robert Buker, Vice President of Corporate Affairs for U.S. Sugar Corporation**



**Editor's note:** The South Florida Water Management District is scheduled to vote Thursday morning on the SWIM Plan. Everglades farmers oppose the SWIM Plan for the same reasons Mr. Buker outlines in this guest editorial. For last minute appeals to Governor Lawton Chiles, call 904-488-4441 or fax your objections to 904-487-0801 or 904-488-9578.

Government mismanagement, not farm water runoff, is killing the Everglades. If the government officials responsible would admit the truth, we could get on to the awesome task of finding the needed solutions. Instead, they have concentrated on finding somebody else to blame.

There are many threats to the Everglades, the most important being man-made disruption of the natural flow of water by the joint actions of the state and federal governments over a period of decades. The Everglades also is suffering serious damage from intrusion of exotic species and is threatened by suburban and urban development.

If the state and federal governments would work together with farmers and environmentalists to solve the real problems with real science, and if they would spend as much public money to fix the problems as they did in creating them, we wouldn't be in this huge deadlock that we are in today.

### Secrecy Shrouded Negotiations

Amazingly, the state and federal governments agreed on this plan in secret negotiations. To this day, neither the public nor the farmers have been allowed to examine the scientific data that led the officials to decide to flood 58 square miles of farm land and to set a water quality standard cleaner than rain. Is it like your neighbor claiming that you wrecked his car and he wants you to pay him \$100,000 for the damage.

The car, he says, is a Rolls Royce, is in his garage and he won't let you look at it. You don't remember being in an accident at all, and the last car you say your neighbor driving was a Volkswagen.

Three years ago, the farmers funded the Duke University

Wetland Center to determine how to establish a healthy Everglades ecosystem. The former acting U.S. attorney's response was to threaten to arrest the scientists and confiscate their equipment if they even stepped onto federal property to collect water samples.

Continuing the pattern of scientific censorship, the former acting U.S. attorney refused to let the National Academy of Sciences review the data in order to make recommendations.

To this day, government funding and arrest powers are being used to impose scientific censorship on the Everglades.

That attitude forced farmers to go into court. Farmers would rather spend the money on research and construction, but the former U.S. attorney and the state left them no choice. Court actions have not focused on blocking a clean-up. Rather, they have concentrated on getting information on which the government's plan is based, information that Florida law says is public. Four courts have told the state to produce their papers.

It still refuses to do so. Then state officials complain in the press that farmers keep suing them.

Farmers want to see the evidence, and the public should want to see it too. Because if science really supports the former U.S. Attorney's case, the government should be eager to show the science to the world.

If the evidence does not support his case, then we should not spend \$440 million and flood 58 square miles of productive land and destroy thousands of jobs for nothing.

### Plan Demands Runoff Cleaner Than Rain

The settlement that the state agreed to is not an agreement to save the Everglades. Even state officials admit that it is merely a political settlement to end the federal lawsuit. The political, nonscientific nature of this settlement is best illustrated by the fact that it sets standards that are impossible to meet. The state agreed to clean water twice as clean as rain. No one has ever even come close to that standard. Even NATURAL marshes don't meet that test.

The only issue that the state and federal governments have focused on is phosphorus, a non toxic natural fertilizer. Even if the filtering ponds built from flooded farm lands did clean water cleaner than rain, and there is no reason to believe that they will, they would not "save the Everglades."

They wouldn't, because phosphorus is a very small part of the problem - probably less than 10 percent, scientists say. The biggest part is "hydroperiod," the depth and cycle of water flow.

Floridians may find that hard

to believe because they've heard so much about "pollution from farms," about "dirty water," and about cattails, that they thought phosphorus was the main problem. Hardly anything else is mentioned in the press, and NOTHING else is mentioned in the federal lawsuit.

But few Floridians know that RAIN WATER is dirtier than the standard the state agreed to, and so is the water in Lake Okechobee. Consequently, the water that farmers GET from rain and from irrigation has more phosphorus than the water the new standard would allow. So does the water in most public drinking fountains.

This standard is designed to put farmers out of business. In fact, even bottled waters do not generally meet this standard. The standard would make it illegal to pour Evian water into the National Park.

The "evidence" most often cited to show ecological damage from phosphorus in farm runoff is cattails. Several years ago some environmentalists started claiming that cattails were "marching" in the water conservation areas at a rate of 4 acres per day and that there were already 20,000 acres of cattails in Conservation Area 2A.

While the former acting U.S. attorney prohibited scientists from entering federal lands, the farmers sent in a team of biologists by helicopter to measure the cattails with survey equipment in state-owned Water Conservation 2A.

They did not find 20,000 acres of cattails as claimed, but rather found only 4,200 acres.

That's barely one-fifth of what had been claimed. Satellite photos taken over 10 years show that the cattail area is very stable. The cattails are not "marching."

In fact, there isn't even a connection between cattails and areas where the water has more phosphorus than the average. Some areas have high phosphorus and no cattails, and other areas have low phosphorus and large stands of cattails.

The real correlation is between cattails and deeper water. And the depth of the water is the result of decisions made by the Water Management District and the Corps of Engineers, not by the farmers.

That's typical of how all Everglades problems are tied to government action and investment in constructing a massive canal system to divert water.

Before a man intruded, Lake Okechobee overflowed every year, sending a broad, shallow sheet flow of water south.

There was no Alligator Alley or not Tamiami Trail to block the flow and no canals to channel it.

The ecosystem associated with that flooding, the Everglades, extended all the way to the natural ridge where

Interstate 95 was built. EVERYTHING west of I-95 is encroaching on historic Everglades, including Miami International Airport.

Deliberate government actions have been biting chunks out of the Everglades system for development since the turn of the century. Agriculture benefited from those actions, just as the urban areas did. Neither of us would be here without the flood control provided by the Corps of Engineers' canals and pump.

### Government Drainage Projects Brought People to South Florida

State and federal government officials wanted to encourage development, both agricultural and urban. All of urban South Florida resulted from those decisions, as did the farm area. Four million people now live in Dade, Broward, and Palm Beach counties combined, and 550,000 acres are devoted to farming - vegetables, citrus, cattle, and sugarcane.

Now, if government did long range planning the way good businesses do, it would have prevented urban development from spreading to the borders of the Everglades National Park. It would not have built highways across and into the Everglades from Broward and Dade counties.

It would have seen that the man-made drainage system completely changed the natural cycles of flood and drought in the Everglades. The man-made system caused the natural vegetation to be replaced by water tolerant species such as cattails in areas that are now too wet and wiped out wetland vegetation in areas that are now too dry.

It would have built systems to recapture water used in the urban areas and recycle it instead of dumping it into the ocean.

But government is not very good at looking ahead and planning ahead.

Consequently, the politicians panicked a few years ago when the public - the voters - started to notice that there weren't as many wading birds as there used to be. Then the environmentalists predicted that the Everglades was terminally ill. Public officials were terrified of being blamed for the death of the Everglades.

The truth is that the disruption of the natural water cycle has changed the Everglades far more than phosphorus. The truth is that development and flood control are the cause of the major Everglades problems. And the truth is that rebuilding the water management system to accommodate the remaining Everglades would cost as much as building the system in the first place.

### Officials Fear The

### Truth About The Everglades

Lacking courage enough to tell the truth, officials went looking for a scapegoat. And out in the agricultural area south of Lake Okechobee where there are only a few votes compared to those in the cities, they found the farmer.

They ignored the fact that scientists from Duke University and elsewhere agree that most of the damage is caused by "hydroperiod" - the depth and cycle of water flow. They ignored other related lethal threats, such as 500,000 acres of melaleuca and encroachment on the ecosystem by Australian pine and Brazilian pepper, all of which are eating up the Everglades from within. They also ignored the urban areas growing need for water.

### Everglades National Park Is Not Receiving Polluted Water

Instead, the officials pointed their fingers at phosphorus. This is a simplistic answer that offers a "politically correct" scapegoat. They pretended not to see the state and federal data that show that the water in canals flowing into Everglades National Park is about seven times lower in phosphorus than the rain that falls at the same spot. The park has problems, but the quality of the water isn't one of them. The park receives water cleaner than rain.

Most urban voters have had little contact with farming. They think it is primitive, and somehow unsophisticated. They have no idea how scientific the farmings in Florida, how fields are individually tested before they are fertilized, how biological pest controls are often used instead of pesticides or how high-tech safety equipment protects workers. For most city folks, farming is just something "out there somewhere."

Saddest of all, the people who work in agriculture also are "out there somewhere." The media appropriately have publicized the plight of the 10,000 Southeast Bank and Pan Am workers in South Florida who have lost their jobs recently.

But people also need to know that South Florida stands to lose 30,000 to 35,000 jobs if thoughtless state policy and the anti-farm bias of urban environmentalists succeed in driving out farming by setting impossible standards.

Those standards have never been tried, much less met and rain doesn't meet them. They will put vegetable farming and cattle ranching out of business immediately. Eventually they will drive out citrus and sugarcane as well.

The proposed flooding will close two of the seven sugar mills now in operation. More will close later if the flooding is

expanded, as state officials threaten, or if the taxes on farm land are hiked further to pay for the flooded lands.

### If The Plan Is Implemented Thousands Of Jobs Will Disappear

Entire communities will die in the area south of Lake Okechobee just as they are dying now in the former dairy areas to the north. Up there, Okechobee County has only 12,000 jobs total, and it is losing more than 700 of them due to new regulations on dairies and the Kissimmee River restoration. If this economic devastation moves to farm areas south of the lake, the urban areas that supply the industry also will feel the pain.

All this hurt is being done in the name of the environment, but, it is not solving the environmental problems. You could even say that it is being done INSTEAD of addressing the real problems.

No other alternatives have even been considered. No one has asked whether, for example, it might be possible to remove 50 percent of the phosphorus by treating the effluent from sugar mills, which would be far less expensive and would not destroy jobs. No study has projected what environmental changes flooding 58 square miles of land might produce.

The only government solution even considered so far would make farming impossible in the Everglades Agricultural area.

### Runoff From Cities And Suburbs Can't Meet Current Farm Standards

Farming will have been taxed and regulated out of business in order to achieve water quality that is twice as pure as rain, while government policy encouraged suburban sprawl whose runoff is not regulated. Urban runoff has at least four times as much phosphorus as sugarcane and the discharge from the best sewage plants has six times as much.

But the former acting U.S. attorney didn't attack the suburbs or the city sewage plants. He attacked the farmers. As a result, they, and they alone, will be required to either meet these impossible standards of purity or else go out of business. They are being taxed to pay for their own land. The result will be a South Florida that is coast-to-coast people, with no farming at all.

How much more clear can it be? State and federal officials have stamped themselves into a corner on phosphorus in farm water. It might be good politics, but it won't help the Everglades.

The Everglades need a solution, not a scapegoat.

## Your job is at risk: Here's why!

The South Florida Water Management District Governing Board is scheduled to adopt the final Everglades SWIM plan and rule on Thursday, March 12. This plan will force many farmers out of business and will eliminate 10-15,000 jobs in the Glades area. ..Plan to attend this important meeting. Buses will be leaving for the board meeting from the Winn Dixie on South Main Street at 8 a.m. on Thursday morning and return about noon. If you plan to drive, the District office is at 3301 Gun Club Road, West Palm Beach. If you can't attend the meeting, call the governor's office at 904-488-4441 and express your concern with the current SWIM plan. Send him a letter by fax at 904-488-9578 and let him know how you feel about this very important matter.

**Daahling... there's going to be a party for the beautiful people**



And that, of course, includes you!  
The Banyan Tree requests your presence at  
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Saturday, March 14 at 7:00 in honor of the traditional celebration of St. Patrick's Day. All drinks half price between seven and nine p.m. Admission is three dollars which includes complimentary drink of your choice and select hors d'oeuvres. Live entertainment from "Southern Boulevard" after 9 p.m. At midnight the vaults will be opened, and the fountains will be flowing with...what else?

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# Glades Society

**Wetheringtons to celebrate 50th anniversary in March**

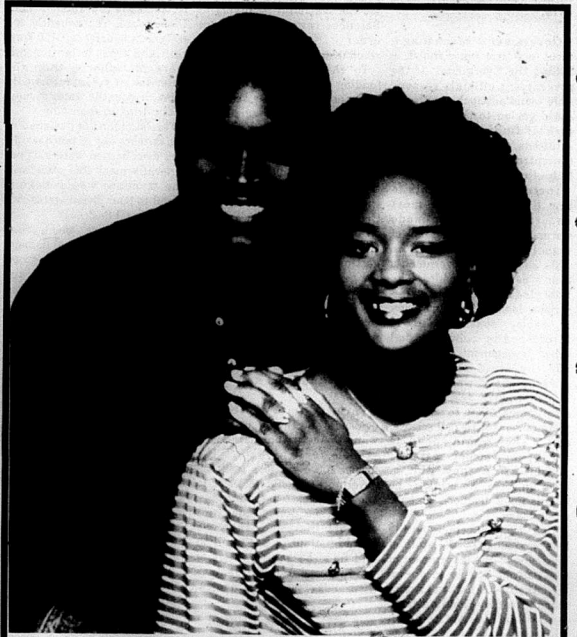
Mr. and Mrs. C.R. 1942 in Okeechobee. Wetherington will be celebrating their 50th wedding anniversary this month.

Mr. and Mrs. Wetherington were married on March 22, 1942 at the Canal Point Community Center.



Mr. and Mrs. C.R. Wetherington

**Don't miss out on Glades happenings!**  
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Reginald M. Jernigan and Lisa Denise Howard

## Howard to wed Jernigan

Mr. and Mrs. Ernest Howard request the honor of your presence at the marriage of their daughter, Lisa Denise Howard to Mr. Reginald M. Jernigan on Saturday, the twenty-eighth of March at 3 o'clock in the afternoon.

Services will be held at the New Bethel Missionary Baptist Church, 1101 West Avenue A, Belle Glade. A reception will follow at the Municipal Civic Center, 725 Northwest 4th Street, Belle Glade.

The bride is registered at Gilbert's Jewelry Store in Belle Glade and Luria's on Military Trail in West Palm Beach. All friends and relatives of the couple are invited to attend.

## New law in effect

Both the State House of Representatives and the Senate unanimously approved legislation written by Palm County Victim Services Coordinator Denny Abbott which gives victims of crime more rights while their cases are going through the court system.

The new law gives the victims of crime the right to a speedy trial and mandates the juvenile courts to notify victims of all hearings dealing with their case.

Prior to this law being enacted, our court system guaranteed the accused the right to a speedy trial but not the victims of crime. Many

times a case can be postponed for years while it makes its way through the system. Abbott says he is elated with the unanimous vote.

"This new law represents a giant step forward for victims of crime in Florida," Abbott said. "It's one more effort to balance the scales of justice for victims."

Throughout the United States there are approximately 20 states that have laws pertaining to the victims' right to a speedy trial.

The new law will also address the rights of victims when their cases are going through the juvenile courts. Abbott says

many times the victims of juvenile crimes never get a chance to appear in court because most of these cases never make it to a formal disposition hearing. The majority are disposed of at arraignment and victims don't have the right to appear and be heard.

The new law mandates that victims of juvenile crimes are notified of all hearings dealing with their case. Sen. Robert Wexler of Boca Raton sponsored the bill in the Florida Senate, and Rep. Marian Lewis of North Palm Beach Sponsored it in the Florida House of Representatives.

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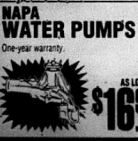
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# Sunspots

## New business opens

Lois and Loni Glisson are opening a new restaurant featuring breakfast starting at 6 a.m. with hot lunches, sandwiches, subs, salads, soup, chili assorted cakes, pies and party trays as well.

The name of the restaurant is Our Food Place and is located at 800 West Canal Street South. Hours are 6 a.m. until 3:30 p.m.

For more information call 992-7476.

## Bloodmobile schedule

The Palm Beach Blood Bank bloodmobile will be welcoming donors at Belle Glade City Hall, 110 S.W. Avenue E from 10 a.m. until 11 a.m. on March 19th. The bloodmobile will be at A. Duda & Sons, Inc. on Duda Road from 12 p.m. until 4 p.m. the same day.

For more information, call 763-2294.

## Winners announced

The Cutest Kid in the U.S.A. Contest Officials have announced the winner of the local competition in Belle Glade.

The winners are: boys division, Marcos Garcia, age four, and girls competition, Francisca Mohamad, age 5 years old.

Contestants were photographed for judging on January 22 at Redd's Video, 329 North Main Street in Belle Glade.

## Campers Day at American Legion

Campers' Appreciation Day will be celebrated at the American Legion Post 20, 101 S.E. 1st Street in Belle Glade on Sunday March 15, from 2 p.m. till 5 p.m.

The people of the American Legion Post 20, Chamber of Commerce of Belle Glade, farmers, merchants and the City of Belle Glade wish to thank the winter visitors for their business, with a free ham dinner at the Post home.

Post Commander Fred Youchuck said he hopes all the campers will make an effort to attend and hopes they come back to Belle Glade next year!

## Gospel sing

The Good Shepherd Church of God will be holding their 13th annual year of sponsoring a concert. This year the guests will be the Miller Brothers, featuring Robin Waggoner, Friday March 13th.

The church is located at 1800 Bacom Point Road in Pahokee. The concert is open to the public and a free will offering will be accepted. The time is 8 p.m. for some good old gospel singing.

From 5 p.m. until 7 p.m. the church will host a spaghetti dinner and dinners can be taken out.

Monies raised from this event provides a \$450 scholarship per year for deserving students in the area.

## Police Ball slated

The Belle Glade Police Benevolent Association Annual Policeman's Ball will again be held in conjunction with the Black Gold Jubilee.

The event is to take place Saturday, April 4 from 8:30 p.m. until 1:30 a.m. at the Drawbridge Cafe. Dress is casual and the menu includes the buffet and a cash bar will be available.

Dance to the music of the 50's, 60's, 70's and 80's. McKinley Lang, DJ for WMSJ (Magic) Radio and Stu Grant, Love 94 Radio will provide the entertainment.

Tickets may be purchased from any member of the Belle Glade Police Department for \$20 per couple or you may call 992-7254 and ask for Susan Crosby, Carolyn Nehls or

## Rummage Sale

The Canal Point United Methodist Church will be having a rummage and bake sale, Saturday, March 14th. The doors will open at 8:30 a.m.

The church is located at the corner of Highway 715 and Second Street in Canal Point.

## "I Love Pahokee Day" is March 22

The Pahokee Chamber of Commerce invites all to join in the annual I Love Pahokee Day Celebration to be held March 22 from 1 p.m. until 5 p.m.

Arts and crafts by local artists will be displayed. Children can enjoy pony rides and a hay dig. There will be exhibits to enjoy and entertainment for the entire family.

This is free of charge. Come on out Sunday and enjoy a day at the park in small town America. Bring your friends.

## ARC Benefit

Saturday, March 21, the Glades ARC will host a benefit flea market at 4250 State Road 715 (The old skating rink). Booths will be open to individuals and organizations for a small charge.

Gates open at 6:30 a.m. for vendors and 7:30 a.m. for buyers.

Admission is free to buyers. For details call the ARC at 996-9583.

## Afro Arts planned for March 18th

The annual Afro Arts pageant is scheduled for Wednesday, March 18th. Any young ladies between the ages of 5 and 18 may participate in the pageant. For more information concerning the pageant contact Jessie Terry at 996-3392 or Shelia Johnson at 996-4975.

Art exhibits by local artists and students will be among the many cultural activities at this year's event.

For more information contact Helen R. Rutledge, Afro Arts Chairperson, at 996-3133 or any other Zeta Phi Beta member for further information.

## 5K is scheduled

The 1992 Hendry County Fair/Lions Journey for Sight 5K is scheduled for March 21 at 8 a.m. The race starts and ends near the southeast corner of the Fairgrounds on South Francisco Street in Clewiston.

There will also be a one-mile fun run. Entry fee is due prior to the race day; on the day of the race the cost is more (the fun run is free of charge).

The entry for runners from the 1991-92 Clewiston High and Middle School teams is half price. Contact Cecilia Espinoza at 1-813-983-6531 or pick up an entry form at the Public Library.

## Library news

On Tuesday, March 17th at 3:30 p.m., the Loula V. York Branch Library in Pahokee will present St. Patrick's Day Crafts.

Children ages 5 - 8 can join us to make St. Patrick's Day creations to welcome Spring.

## Spring food fest at St. Mary's, Pahokee

There will be a food fest, Sunday, March 15th from 11 a.m. until 2 p.m. at St. Mary's Catholic Church in Pahokee. The church is located at 1150 E. Main Street.

Dinner will include complete chicken and rice dinner. The event is sponsored by the Ladies of the Alter Society.

For further information call 924-7305. Tickets available at the door. Take out is available.

## Event at Lake Harbor

## Methodist Church

The Lake Harbor United Methodist Church is sponsoring a rummage sale, March 13 from 8 a.m. until 4 p.m. and Saturday, March 14, from 8 a.m. until 2 p.m. at the corner of Thomas Road and Old 27.

Refreshments of hot dogs, soda and tea will be available for a donation.

## Lutheran League to celebrate 50th

The Lutheran Women's Missionary League of the Palm Beach Zone will celebrate its 50th Anniversary this Saturday, March 14th at St. Peters Lutheran Church, 125 E. Canal Street, North in Belle Glade.

Mrs. Edith Kirchman, President of St. Peters L.W.M.L. says that approximately 100 delegates are expected to attend from churches as far South as Boca Raton North to Vero Beach.

Under the theme "For The Beauty of The Earth," the program will include a workshop service and ingathering for the Belle Glade Head Start PEPPI Program.

There will be a reminiscences Bible study and a luncheon.

## A.I.D.S. course offered in Pahokee

The American Red Cross will offer a A.I.D.S. 104 Course on March 20th from 6 p.m. until 10 p.m. at Glades Health Care in Pahokee.

Sign up at the local Red Cross Office at 925 North Main Street (The First Union Bank Building) in Belle Glade.

For more information contact the American Red Cross at 992-9703.

## "Scramble" Golf tourney at GDS

Glades Day School will host the third annual "Scramble" Golf tournament this Saturday, March 14th at the Belle Glade Country Club.

Two tee times will be available for golfers - 9 a.m. or 12:30 p.m.

Free hot dogs, hamburgers and sodas will be offered to participants.

Persons interested in entering the tournament may call the Pro Shop at 996-6605 to register.

## Workshop scheduled

A series of workshops have been developed to assist parents and professionals in meeting the needs of students with emotional handicaps. This "Roots and Wings" conference will be held at the Airport Hilton on March 31 and April 1, from 8 a.m. until 4 p.m.

Some of the issues that will be presented include: Behavior management (home & school), gangs and violence, use of medication in teens, and educational rights.

Please contact Debbie Neeson at (407) 369-7085 for information.

## Be a mentor

The Community Foundation for Palm Beach and Martin Counties, Inc., had provided funding assistance for the volunteermentorship program developed by the School Board of Palm Beach County, Department of Exceptional Student Education.

Volunteers are needed from the business community to work with young adults with disabilities making the transition from school to the world of work.

Please contact Pat Curtis at 433-3500 for further information.



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SE HABLE ESPANOL

# Hobson was first principal at BGHS

By Bill Phillips  
 Staff reporter  
 For those of you who

graduated from Belle Glade High School and remember the glorious days of the Golden Rams, the Ram Band, and the actual mascot, the real living Ram, can probably remember how those nasty Pahokee High School Blue Devils one year stole the mascot.

Thinking back, many remember how the whole town would turn out to watch the local high school cheerleaders burn the Devils in a huge bonfire, following a snake dance parade down West Avenue A, and back to the school. The parade led by Fred Stevens and his Golden Ram Band prompted a look into the history of the local high school and its beginnings.

The above happenings, including a certain Volkswagen placed on top of the school gymnasium by certain people we will not mention in this story, is a part of the heritage of that school that we today call Glades Central High School.

Before Belle Glade High School was built, there was a school eleven miles to the north called Pahokee High School.

In 1930 the Methodist Minister of Pahokee, Mr. Joe Tolle began introducing the school to the game of football, but was really a better minister than he was a coach.

The principal of that school was Mr. E.E. Bishop and it was in the summer of 1931 that Principal Bishop recruited the first qualified football coach that would turn young men into Pahokee Blue Devils. His name was Frank Hobson.

Mr. Hobson, who had just graduated from the University of Middle Tennessee, started to work on their football team. Pahokee High School, was the only high school in Western Palm Beach County. It had young men on the team from as far away as Clewiston and Port Mayaca.

The teams, coached by Frank Hobson, were very successful. Watch The SUN for another principals' story coming soon.

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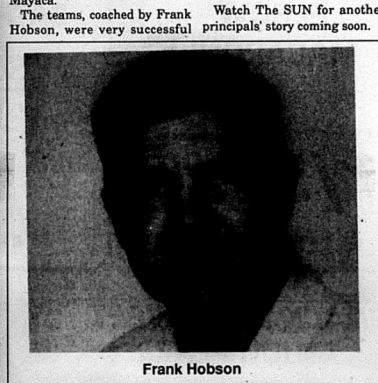
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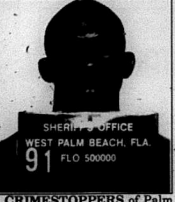
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is described as a black male born March 4, 1967, weighing 160 pounds and 5 feet 9 inches tall. He has a tattoo and a scar on his left arm. His last known address was 1029 So. G Street #1, Lake Worth.

He is wanted for failure to appear for selling cocaine within 1000 feet of a school. If you have any information about Mr. Belle or anyone involved call CRIMESTOPPERS at 1-800-458-8477. You could received up to a \$1,000 reward if your tip leads to an arrest or recovery of stolen property.

CRIMESTOPPERS of Palm Beach County would like your help in locating Anthony Paul Belle, alias Tyrone Bryant/John Henry Marshall. He

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# GATOR TALES



The Gators are coming up with a host of activities for this year's SPRING FLING to be held at Glades Day School Saturday, March 21.

The tennis tournament is well underway this week with competition in men's and women's doubles and a youth division. Matches are being held at Lyons Park in Belle Glade. The championship finals will be held this Saturday, March 14.

It isn't too late to register for the third annual "Scramble" golf tournament that will take place this Saturday. Two tee times are available for golfers - 9 a.m. or 12:30 p.m. Free hot dogs, hamburgers and sodas will be offered to satisfy thirst and hunger pains. Persons interested in entering may call the Pro Shop at 996-6605.

Volleyball enthusiasts may want to enter the volleyball tournament that will be held Friday and Saturday, March 20-21. Co-ed rules are in effect, with two females playing at all times on the six person teams. The prize for the winning team will be 40 % of total entry fee. Registration forms are available at the high school office. Entry fees are \$75, 12.

A new game being offered to youths of all ages this year is an "Almost Anything Goes" contest to be held the day of Spring Fling. Events include a Caterpillar Relay race, Izzy Dizzy relay, Fireman's relay, and others. There will be three age categories: Gr. 4-6, 7-9, and 10-12. Each team must have at least six members, with two females playing at all times. Registration fee is \$12. Due to popular demand, the

annual staff will again be selling extra yearbook pictures in Room 4 for .75 cent each or 21 \$1. They will be sold from 10:30 a.m. - 12:00 noon and from 1 p.m. - 2:30 p.m. during Spring Fling.

CONGRATULATIONS are in order for junior Alina Blanchard, who qualified for the National Academic Games Olympics by placing second in Palm Beach County language arts competition recently. Alina will join fellow juniors Tom Carter and Hani Barhoush and elementary students Parker Altman and Nicole Alvarez at the national games to be held next month in Orlando.

The Gator Glue Club will be the featured entertainment at the St. Peter's Lutheran Church this Saturday, March

14. The women of the local Lutheran Church are hosting a fellowship district rally celebrating the 59th anniversary of the Lutheran Women's Missionary League. Glee Club members are scheduled to perform excerpts from the Spring Concert for the members at 2 p.m.

NOTE: A reminder to everyone about the drawing for the 21' Sun Tracker DL Party Barge Pontoon boat to be held March 21. Tickets are \$50 each. Only 400 are being sold so don't wait too late to get yours. We are also having a drawing for an 870 Remington shotgun donated by Seminole Supply. Tickets for the gun are \$2 each and are available in the high school office (996-6769).



### Student to compete in state FHA writing contest at GCHS

The Florida District 4 FHA/Her competition was held in Coral Springs and West Palm Beach on March 5 and 6th. Glades Central students, Alexa Lutz and Robert Newkirk represented their chapter. Alexa Lutz placed 1st in the Junior Proficiency events by winning the routine Willoughby Award for writing an unpublished story about the homeless. Alexa received a plaque and ribbon. Winning the district competition qualifies her to represent Glades Central Community High School in the state competition in April.

Robert Newkirk placed second in the speaking tournament and came home with a red ribbon.

Mrs. Carolyn Watts, Vocational Department Chairperson, is the sponsor of this event.

### Foreign language students come home with ribbons

Glades Central foreign language students traveled to West Palm Beach on Saturday, March 7th, to compete in the foreign language fair. Victor Barrera received an outstanding for declamation in Spanish. Alma Marquez placed third in the spelling bee for an excellent. Kerline Guillaume competed in the French native speaker division of impromptu speaking and earned a superior.

In French dictation, Mayra DeLeon was rated superior. Alexa Lutz earned an excellent in French declamation.

Deborah Hiett, Glades Central Foreign Language Department prepared her students for competition.

### GCHS science students win U.S.

### Sugar Awards

Two Glades Central High students won special awards from U.S. Sugar in the recent District Science Fair held at the Fairgrounds in West Palm Beach. Kenneth Lutz won a special award in Biology for his work on the germination of seeds. Alexa Lutz was recognized with a special award for her two year study of air particulates during cane burning season. Both students will receive U.S. savings bonds. Susan Machock, Science Department Chairperson, sponsored these students in the event.

### Sheldon Harriott wins trip to France

Once Again, GCHS emerged winners in the Palm Beach Post Contemporary Issues essay contest. Tenth grader, Sheldon Harriott, son of Mr. and Mrs. Desmond Harriott, won an all-expense trip to France in April by placing first in the Level I division. Sheldon's essay explored the recent developments in Russia.

Sharon Ricketts, also in the 10th grade, won third and a U.S. Savings Bond with her essay on the current state budget crisis.

Both Sheldon and Sharon are students of Gloria Macia, Social Studies Department, and Robert Bennett, English Department.

In the level II division, Aron Posada placed second with his essay on the state budget crisis.

Eva Van Winkle won an honorable mention with her writing on freedom of the press.

Aron and Eva are students of Desmond Mahon, Social Studies Department, and Sonja Lutz, English Department.

This is the fifth consecutive year that Glades Central students have won a trip to

Europe for the Palm Beach Post Contemporary Issues essay competition.

### Young stars will showcase in talent show

On Friday, March 13 at 7 p.m., GCHS's Future Educators of America and the International Thespian Society will sponsor a talent show in the gymnasium. Rising young stars will showcase their talents. Admission is \$2.00. The proceeds will go to both organizations to help sponsor their trips to state competition.

### GCHS "Baby" attends Lakeshore Middle School

The Glades Central Thespian's excellent rated one-act play "Baby" was performed at Lakeshore Middle School, Tuesday, March 10th. The Thespians were anxious to perform at their former school to give something back to the school where they got their start.

"My job in recruiting ninth grade students to come out for drama activities has been a lot easier since Mrs. Davin, the drama teacher at Lakeshore, has been running a program. The students come to me all enthusiastic and ready to participate in Drama activities," said Mrs. Bennett, the drama coach at Glades Central.

"Baby tells the hilarious story of the first year of life for a baby."

The cast includes, Wilford Ewan, Baby; Craig King and Kim Sparkman, Daddy and Mommy; Kenny Lutz, the heavenly timekeeper; Fritz Cherizad and Alexa Lutz, Uncle and Aunt; Alex Davis, the doctor; Eva Van Winkle, the babysitter; Sheldon Harriott,

the boyfriend. The crew is made up of Alvin Nelson, Robbie Haggins, and Tilak Harrell.

### Thespians head to state

In January the Glades Central International Thespian Society attended the District Ten Festival and brought home all superior and excellent ratings. This qualifies them to compete in the state festival which is held in Tampa, April 1

5. Craig King and Wilford Ewan received superior rating and will be competing in Duet Acting with a scene from the "Nerd." Patricia Hutchinson and Kim Sparkman won excellent ratings for their Duet Acting in a scene from "Album" to allow them to compete; Sheldon Harriott and Alex Davis's superior for "The Sneezes" sends them to state also; Alex Davis's excellent for his Solo Pantomime "The Bus Ride" will also be performed at state.

Eva Van Winkle will take her costume designs for "Guys and Dolls" and her Solo Musical Number "I'm Just a Girl" from Oklahoma which won her superior ratings.

Roger Williams ans Zenita Lawson, Fritz Cherizad and Tilak Harrell, Mark Crosbie and Alvin Nelson also won excellent ratings for Duet Acting at the District Competition but the State limits the number of competitors so they will attend to cheer on their class mates but will not compete this year.

There will be 2,700 students in attendance at the State Festival this year. Grant Shaud, who plays Miles Silverberg on the "Murphy Brown" show will be the guest artist.

There will be 29 one act plays, seven mainstage plays, over 800 individual events and over 50 workshops for students to attend.



**Town Meeting.....**Area citizens turned out to listen and plan ways to fight the proposed SWIM plan that could go into effect. Many residents are afraid they will lose their jobs.

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# Obituaries

## Eduardo H. Montalvo

Eduardo Hernández-Montalvo, age 24+ of Canal Point, entered into rest on Tuesday, March 3.

Born in Valle de Santiago, G.T.O. Mexico, he worked for U.S. Sugar Corp. as a machine operator.

Mr. Hernández-Montalvo is survived by local relatives, Arcadio and Gloria Montalvo, of Canal Point.

In Valle de Santiago, Guanajuato, Mexico, he is survived by his mother - Luz Montalvo, father - Celio Hernández, sisters - Francisca Hernández, Juana Hernández, Consuelo Hernández, Carina Hernández, and Olga Hernández.

Eduardo was born January 21, 1968 in Valle de Santiago, Guanajuato, Mexico.

Burial will take place in Panteon Municipal Cemetery, Valle de Santiago, G.T.O., Mexico.

Misson Funeral Home, Belle Glade, had charge of the local arrangements.

## William J. Patrick

William Jack Patrick, age 83 of Belle Glade, died Saturday, March 7.

Mr. Patrick was born in Middleburg and entered the U.S. Army in World War II. He attained the rank of captain, and was in the liberation of the Philippines.

He was awarded the Purple Heart, and Victory Medals, while serving in their 34th infantry division of the Asiatic Pacific Theater from January 1943 to March 1946.

Mr. Patrick was an entrepreneur in Pompano Beach before moving to Belle Glade seven years ago. He was a member of Lodges, B.P.O.E. #1898 Charter Member, and Exalted Ruler Masonic Lodge #1898 Pompano Beach and the Shrine Lodge, Mahi Temple A.A.O.H.M.S.

He is survived by his wife - Velma Patrick, daughter - Linda Rector of Ft. Lauderdale, brother - Ralph Patrick of Stone Mountain, Ga., sister - Mary Finn, Stone Mountain, Ga., and many other friends.

Services were held Tuesday, March 3, at the Misson Funeral Home Chapel with the Reverend Craig Hartzog officiating.

Interment followed in Memory Gardens Memorial Park, Lake Worth.

Misson Funeral Home, 2296 E. Palm Beach Road had charge of the arrangements.

## Francisco Velez Sr.

Francisco Velez Sr., age 71 of Belle Glade entered into rest on Friday, March 6th.

Mr. Velez was born in Ensensada, Puerto Rico and came to Belle Glade after the war.

Mr. Velez worked for Okeelanta Sugar Corp. for forty years before retirement in 1987. He was secretary to Local #2152 Union Lodge.

Mr. Velez is survived by his wife - Ana, daughters - Altie V. Whitaker of Bartow, Doris Velez of Winter Park, sons - Francisco Velez Jr., of Tampa, Sammy Velez of Belle Glade, and the late Samuel Stephen Velez, Sr. He had made his home in the Glades since moving from Morven, Georgia in 1938.

A veteran of World War II, he served with Company A of the 104th Infantry. He served in Ardennes, Thieland, and Central Europe with General George Patton's Third Army.

He was awarded the EAME Medal with three bronze stars, the Good Conduct Medal, the World War II Victory Medal, the Occupation Medal, and the Combat Infantryman Badge.

He was associated with United States Sugar Company for 39 1/2 years. At the time of his retirement, on January 31, 1983, he was Superintendent of the Eastern Division, AES.

He was a member of the Canal Point Baptist Church and was ordained a deacon on October 24, 1965. He was preceded in death by a son, David Stephen Scruggs on January 12, 1976.

Surviving are: his wife - the former Betty Pflicher, to whom he was married on December 6, 1947; son and daughter-in-law - Arnold J. and Sheila Scruggs, Jr., of Canal Point; daughter - Kim Pellicier of Pahokee; mother - Elsie Mae Scruggs of Chiefland, brothers - Samuel S. Scruggs, Jr., of Belle Glade and George A. Scruggs of Fort Walton Beach; sister - Martha Clark of Jacksonville; grandchildren - Tracy and Stephen Pellicier, Christa, Kelly and Matthew Scruggs, and Shelly Tolley.

The funeral service was conducted Tuesday afternoon, March 10, at 2 p.m. at the Canal Point Baptist Church.

The Reverend Paul Rose, pastor, the First Baptist Church, Pahokee, officiated.

Interment was in Fort Mayaca Memorial Park.

The following nephews served as pallbearers: Samuel Scruggs III, Randy Ainsworth, Michael Garrison, Jake Stevens, John Atwell, and Roger Clark.

The James A. Bennett Funeral Home, 179 Cypress Avenue, Pahokee, had charge of the arrangements.

Point Baptist Church and was ordained a deacon on October 24, 1965. He was preceded in death by a son, David Stephen Scruggs on January 12, 1976.

Surviving are: his wife - the former Betty Pflicher, to whom he was married on December 6, 1947; son and daughter-in-law - Arnold J. and Sheila Scruggs, Jr., of Canal Point; daughter - Kim Pellicier of Pahokee; mother - Elsie Mae Scruggs of Chiefland, brothers - Samuel S. Scruggs, Jr., of Belle Glade and George A. Scruggs of Fort Walton Beach; sister - Martha Clark of Jacksonville; grandchildren - Tracy and Stephen Pellicier, Christa, Kelly and Matthew Scruggs, and Shelly Tolley.

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## Rodeo announced

The only rodeo in Florida produced by local cattlemen is right in the heart of cattle country, Okeechobee County.

Hold every March, in conjunction with the Speckled Perch Festival, Okeechobee Cattlemen's Rodeo is fast becoming one of the wildest shows anywhere and attracts top professional rodeo cowboys from throughout the United States.

Rodeo fans will see two days of exciting rodeo action on Saturday and Sunday, March 14th and 15th. Both performances begin at 2:30 p.m.

All the traditional events of rodeo - barrel racing, saddle bronc riding, calf roping, steer wrestling, ladies barrel racing and bull riding, are going to be featured along with an event straight out of the Old West, The Wild Horse Race. In the Wild Horse Race teams of three men compete in saddling and riding a wild unbroken horse in a race across the arena.

In addition to exciting rodeo action, The Okeechobee Chamber of Commerce sponsors their annual Speckled Perch Festival in Flagler Park.

Located in downtown Okeechobee, the festival will feature great food, live music all day, handmade arts and crafts, Seminole Indian Contests, and the annual Saturday Parade.

Tickets to the rodeo are available in advance at the Okeechobee Chamber of Commerce, El's Western Wear and Cracker Cowboy and will be sold at the gate on rodeo day.

It is recommended to get your tickets early as the rodeo was sold out last year.

## For Peace of Mind, Get Your Personal Family Record Booklet.

As uncomfortable a thought as it may be, we are all facing our funerals. While you can't protect your loved ones from that loss, you can take steps to ensure that they are spared as much of the burden as possible. A Personal Family Record maintains all the important family and personal information needed at such a time of crisis. As a service to you and your family, we have prepared a new Personal Family Record. This booklet is a valuable plan to follow when thinking through all the arrangements that will need to be made at the time of your death.

For your Personal Family Record and details about how Pre-Planning can save you money, please call or return the information below.



**Leon H. Warren**  
Funeral Director  
**MIXSON**  
FUNERAL HOME  
2296 E. Palm Beach Rd.  
Belle Glade

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ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_  
ZIP \_\_\_\_\_  
TELEPHONE \_\_\_\_\_

## Birth announcement - It's a boy

Steve and Kathy Johnson of Belle Glade announce the birth of a son, Clinton Lyle

9201-A DEVOTION  
9201-A DEVOTION  
(9201-A DEVOTION)  
COMMUNITY UNITED  
METHODIST CHURCH  
BELLE GLADE

Johnson, born Thursday, March 5 at 4:02 p.m.

Clinton was born at Everglades Memorial Hospital in Pahokee and weighed six pounds, seven and one-half ounces at birth and was 21 inches in length.

He will join his older brother

Kevin Rhodes, age 10 at home.

Maternal grandparents are Joyce Wiseman of Belle Glade and the late Charlie Wiseman.

Paternal grandparents are Ethel Johnson of Clewiston and the late Dr. Ernest Johnson.

## Attend the Church of your Choice!

BELLE GLADE	
<b>ANTHONY CHURCH OF JESUS CHRIST</b> 1201 S. Canal Street South Sunday Service - 10:30 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.	<b>BELLE GLADE ALLIANCE CHURCH</b> 405 Canal Street South SUNDAY SERVICE - 9:00 A.M. SUNDAY SCHOOL - 11:00 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.
<b>BELLE GLADE CHURCH OF JESUS CHRIST</b> 1201 S. Canal Street South Sunday Service - 10:30 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.	<b>CHRISTIAN CHURCH OF BELLE GLADE</b> 1201 S. Canal Street South Sunday Service - 10:30 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.
<b>CHURCH OF GOD IN CHRIST</b> 1201 S. Canal Street South Sunday Service - 10:30 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.	<b>CHURCH OF JESUS CHRIST</b> 1201 S. Canal Street South Sunday Service - 10:30 A.M. Prayer - 7:30 P.M. Wednesday - 7:30 P.M.
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# Florida Cougar is born in captivity

The Feb. 10 birth of a cougar at a Lee County wildlife sanctuary marks one more breakthrough in the struggle to save the Florida panther from extinction.

The kitten is the first cougar ever produced through a medical procedure called "laparoscopic insemination,"

and the second ever to be produced through artificial means. Later, researchers hope to use the procedure as another means to produce Florida panther kittens in captivity for eventual release into the wild.

The birth was the result of a collaborative effort involving the U.S. Fish and Wildlife

Service, Florida Game and Fresh Water Fish Commissions, Gilman Paper Co's White Oak Plantation and the National Zoological Park in Washington, D.C. The technique, developed by researchers from the Zoological Park's New Opportunities in Animal Health Sciences (NOAHS) Center, involved the use of a laparoscope, or fiberoptic telescope, of the type commonly used in human infertility clinics.

The Game and Fresh Water Fish Commission's wildlife veterinarian, Dr. Melody Roelke, and Drs. JoGayle Howard and Mark Barone, reproductive specialists at NOAHS Center, headed a team of scientists that performed the procedure on ten female cougars - six at the Octagon Wildlife Sanctuary, Rehabilitation, Learning Center and Conservancy near Ft. Myers; three cougars at the Wildlife Retirement Village near Waldo; and one at the

Commission's Wildlife Research Laboratory at Gainesville. Male cougars in the project were loan from Everglades Holiday Park near Ft. Lauderdale.

"One of the cats at Octagon was the only one that actually became pregnant through the procedure," Dr. Roelke said.

Officials are keeping the mother and kitten isolated from people while the cats bond. Scientists fear that the stress of being exposed to people could cause the mother to kill and eat the kitten if it happens too soon after giving birth.

The veterinarian said researchers varied the strength and timing of the hormone injections to determine the correct dosage. She said hormone injections are necessary because, without

them, female cougars and panthers don't release eggs into their uterus until they actually copulate with males.

"That's one reason it is so difficult to artificially inseminate cats," she said. "The new mother was actually one of four females that were inseminated by using the approach we thought would be successful."

Currently, experiments are in progress to perfect the laparoscopic technique in savagars for eventual use with Florida panthers.

In 1991, Dr. Howard used this artificial breeding strategy to produce pregnancies in the cheetah, leopard cat and black-footed ferret using either fresh or frozen-thawed sperm. The development of this insemination method is part

of a long-term effort to apply reproductive biotechnology to enhance the breeding of endangered species.

"If we could get to the point where we can perform this procedure successfully on a regular basis, we would be able to use this procedure in our captive breeding program for Florida panthers," Dr. Roelke said. "Being able to produce offspring, without placing the females and males together, would enable us to produce young more rapidly."

She said the team intends to continue laparoscopic insemination experiments this spring. This year's efforts will include an attempt to inseminate a four-year-old Florida panther at White Oak Plantation.

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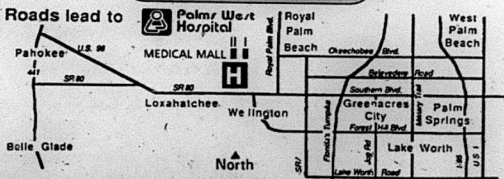
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# Chandra Venugopal, M.D., F.A.C.C.

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## New Drug Offers Benefits to Older High Blood Pressure Patients

The incidence of chronic high blood pressure (hypertension) rises with age and consequently poses serious health and economic concerns for older Americans. For the 12 million older Americans who take high blood pressure medication, a new antihypertensive is available that can help control the condition and its cost. In clinical trials, Lotensin® (benazepril HCl) has been well-tolerated in patients of all ages and has been shown to effectively lower blood pressure. It is also priced significantly lower than other medications in its class, a group known as ACE inhibitors.

Medication interactions are a particular concern for older hypertensive patients taking several drugs at the same time. Interactions between some drugs may cause side effects, worsen another disease, or result in ineffective treatment. Of those older Americans who take prescription drugs, more than 70% routinely use two or more. The majority of drugs prescribed to older people are for chronic conditions such as hypertension, arthritis and heart disease.

Lotensin was evaluated for interactions with many medications often prescribed to older hypertensives for co-existing illnesses. These studies showed no clinically important pharmacokinetic interactions with digoxin (used to treat heart failure and other

cardiac conditions), warfarin (an anticoagulant used to prevent and treat blood clots), naproxen (for arthritis), cimetidine (for ulcer and other stomach conditions), and hydrochlorothiazide (frequently used in combination therapy for hypertension). Also, Lotensin can be taken with or without meals.

In addition, no correlation was found between the overall incidence of side effects and a patient's age. In controlled clinical trials, the only side effect of statistical significance was cough—reported by 3.4% of those treated with Lotensin versus 1.3% with placebo. Other side effects seen in controlled U.S. studies that were considered possibly or probably related to the drug include headache, dizziness, fatigue and nausea. Patients hypersensitive to this product or any other ACE inhibitor should not use this medication.

"An antihypertensive like Lotensin is particularly tolerable because of its side-effects profile," says Dr. Smith. "And when a patient must take long-term drug treatment for a chronic condition like high blood pressure, a favorable side-effects profile is extremely important."

*The Lotensin Lifetime Guarantee*  
Because people with high blood

pressure may need to take medication for their whole lives, the cost of treatment can be a tremendous burden. Patients prescribed Lotensin between now and July 18, 1992 can enroll in the Lotensin Lifetime Guarantee program to help control the cost of their medication—forever. By setting a lifetime fixed price for this medication, the guarantee program ensures that enrolled patients will never have to pay more than the fixed price for their Lotensin refills. Should the product's retail price increase for any reason, CIBA-GEIGY, the drug's manufacturer, will rebate patients for the cost difference between their lifetime fixed price and any higher retail price they may be charged at the pharmacy. In addition, the new drug's introductory wholesale price will be 10% to 44% below other ACE inhibitors.\*

Now patients with high blood pressure have an affordable treatment option. Patients should ask their doctor if they think they could benefit from this new medication.

\*As part of the Lotensin Lifetime Guarantee, the Lotensin Lifetime Fixed Price is based on the average wholesale price (AWP) at the time of product introduction, plus a standard pharmacy markup. This price is guaranteed for as long as the patient is on

Lotensin therapy. Patients who enroll will be rebated the difference between the Lifetime Fixed Price and any higher price that can be documented as paid with an original receipt. Because retail prices may vary, a maximum rebate has been established.

### Headache Q & As

All headaches are real. If you suffer from one, you're not alone. This often-asked question about headaches and its answer may help.

**Q. Could my headache be due to allergy?**

A. There is no scientific evidence to suggest that migraine and other common headache disorders are true allergic conditions. According to experts at the American Council for Headache Education (ACHE), since allergy and headache are highly prevalent in the general population, there's bound to be an overlap between the two. In other words, the same person may suffer from both allergy and migraine. Treating the allergy may not benefit the headache. A word of caution: if your doctor plans to give you allergy injections, let him or her know the list of medications you are taking for migraine control, as there can be some unexpected reactions.



# Everglades

## Memorial Hospital

200 South Barfield Hwy. • 924-5200 • Pahokee, Florida

Everglades Memorial Hospital is a modern, progressive medical center, dedicated to providing the best health care services to the entire Glades area. The hospital's facilities include: CAT Scan and Diagnostic Imaging, state-of-the-art Intensive Care Unit, 24-hour physician-staffed Emergency Room, Maternity and Women's Health Center, Ambulatory Surgery and Outpatient Diagnosis, and an innovative Orthopedic Care and Physical Therapy service.

Our medical staff is composed of dedicated and qualified physicians. They are complemented by our staff of caring professionals, nurses and technicians. Everglades Memorial's medical staff encompasses a broad range of specialties including: Internal Medicine and Family Practice, Obstetrics and Gynecology, Cardiology, Orthopedics, General Surgery, Urology, Pediatrics, Ophthalmology and Radiology. EMH's free Physician Referral program is available simply by calling 924-5200, Monday through Friday 9 A.M. to 4 P.M.

The Women's Health Care Center offers comprehensive medical services supported by modern ultrasound and mammography equipment. One of the major goals of the center is to provide early detection - while the prognosis for a complete recovery is still good.

Everglades Memorial is the only provider to both routine and emergency obstetrical service in the entire Glades and Lake Okeechobee region. With over 1400 deliveries per year, ours is one of the most active obstetrical departments in the State of Florida. Providing obstetrical care equal to or superior to any other medical facility in the state, EMH's Obstetrical Department's record speaks for itself.

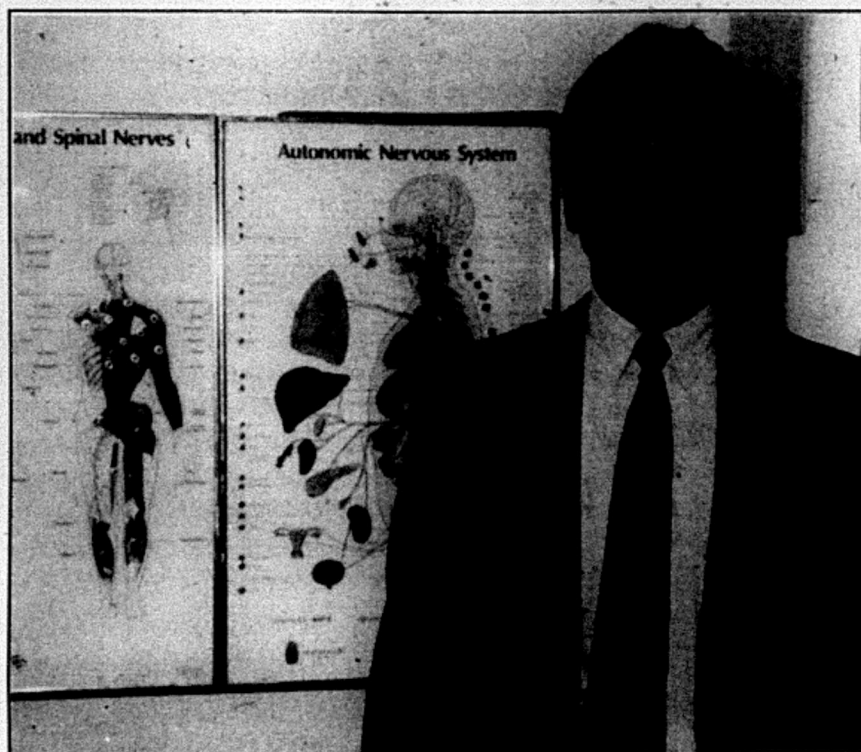
The Outpatient Services Department enables patients to come to the hospital and have diagnostic tests and examinations performed quickly and conveniently. Ambulatory or "same-day" surgery allows patients the comfort of coming into the minor surgery unit and going home the same day at considerable cost savings.

Our innovative Orthopedic Care Unit offers quality general orthopedic care and surgery. It is supported by a high-tech Physical Therapy Department, headed by a licensed physical therapist. This department offers the most modern equipment and treatment programs available in the field.

EMH offers EMPLOYMED, a unique occupational health care system designed for employers, both large and small. This program can be customized to meet a company's precise health care needs. For additional information, please call 924-5200.

We are also the sole participating hospital in Western Palm Beach County for many HMO and PPO organizations. Plan participants can enjoy considerable savings by utilizing our services. Some of the major groups we are affiliated with are Palm Beach County School Board, State employees under Blue Cross PPC, Health Options, Humana, Heritage, Florida Health Choice Plan, Av-Med, and Health Win.

In a recent opinion poll conducted by a large Independent Agency, Everglades was picked "The Peoples Choice in the Glades" why? quite simply our goal... at Everglades Memorial Hospital is to provide the community with the very best, medically advanced care possible, in a warm, caring environment.



## Dr. Kevin Connell

---

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## SEE YOUR DOCTOR

Help Your Doctor Help You

You can help your doctor decide on the best treatment for your medical problem if you follow these simple rules on your next visit. Your doctor should be told:

- if you have ever had an unusual or allergic reaction to any medication.
  - if you are pregnant, or if you may become pregnant.
  - if you are breastfeeding.
- Some drugs may pass into the milk and may increase the chance of side effects.
- if you are taking any other prescription or over-the-counter medications. It is important to know that two or more medications taken together could produce unwanted effects.

Many medications may cause drug interactions. If you are seeing more than one physician for the treatment, it is very important to discuss with each physician the medication prescribed by the other. This will help your physician select the most appropriate



**It's important to tell your doctor if you have any unusual reactions to one of your prescribed medications.**

therapy for your specific situation. Some medications have a lower potential for interaction than others.

Two important points to remember are: If your doctor tells you to take all of your medicine, complete the full course as instructed, even if you feel better before it's all been taken, and if your doctor tells you to discontinue taking the medicine, do so immediately. If there's some left over, destroy it in a safe manner, out of the reach of children.

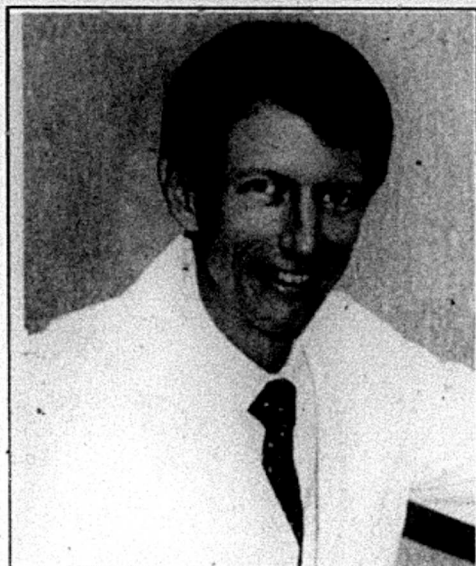


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**Jesus Palacio, M.D.****FAMILY PRACTICE****Se Habla Español***Office Hours by appointment only.***Glades General Hospital  
Professional Center****1201 S. Main Street • Belle Glade****407/996-6571 (ext. 593)****X-Rays: The Inside Story**

Although almost everyone has several X-rays taken in a lifetime, few know the inside story of this fascinating invention.

THEN: X-rays were discovered in 1895 by William K. Roentgen, a German physicist. Roentgen called them X-rays because at first he did not understand what they were. X is a scientific symbol for the unknown. Scientists now know X-rays are a kind of electromagnetic radiation, which also includes visible lights, radio waves and gamma rays.

Within a few months after Roentgen's discovery, doctors were using X-rays to examine broken bones. In 1896, Thomas Edison improved the fluoroscope so it could be used to view X-ray images. More efficient X-ray tubes were invented over the years. In the 1970s, radiologists began to use new processes for recording X-ray pictures, including CAT scanning.

NOW: New X-ray technology developed here on earth can bring out-of-this-world benefits to the U.S. space program. The Federal Systems



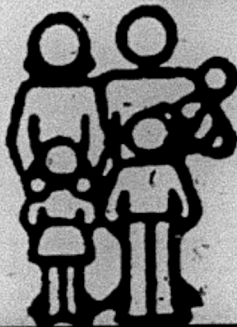
**X-rays taken in space will let doctors on earth diagnose astronauts working on the Space Station.**

Division of Eastman Kodak Company has been awarded a \$3 million contract to develop a prototype medical X-ray imaging system to be used aboard the United States' Space Station scheduled for operation in 1995.

This Diagnostic Radiographic Imaging System (DRIS), compacts an entire X-ray system into a space of about 5.5 cubic feet and weighs less than 200 pounds. The equipment will let doctors on the ground assess disease or injuries that might occur to those working in space. It could prevent early termination of the mission or a costly rescue mission.

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## spotlight on health

### Which Medication Helps Soothe Skin Irritation?

The growing stock of itch-relief medications on drug store and supermarket shelves may leave consumers confused about what product to pick for what problem.

Hydrocortisone or benzocaine? Cream or ointment? Self-medicate or see a doctor?

To help with these sometimes difficult decisions, the experts at Combe Inc. offer some helpful advice, including when to use the newly approved, prescription-strength itch-relieving hydrocortisone product.

Earlier this year, the U.S. Food and Drug Administration approved over-the-counter sales of products containing 1 percent hydrocortisone, a drug that relieves itching, skin irrita-

tions, rashes and minor inflammation.

As a result of the FDA action, consumers can more easily obtain prescription-strength hydrocortisone preparations, such as Lanacort 10. Preparations containing 0.5 percent hydrocortisone have been on the market since 1980, and many of these compounds, such as Lanacort 5, will still be available.

#### More Effective

"The newly approved over-the-counter product will be more effective than the 0.5 percent hydrocortisone because a higher concentration of medication gets into the skin," says Dr. Herbert Lapidus, director of research for Combe Inc., makers of Lanacort 10.

"So, relief from most

kinds of itching is speeded up," he says.

Hydrocortisone preparations are effective in treating a wide range of skin irritations, but, like all drugs, they must be used with caution, Lapidus urges.

Used properly, these preparations will help relieve itching, irritation and inflammation caused by a variety of skin problems. Among them are eczema, psoriasis, seborrheic dermatitis, external feminine and anal itching and contact dermatitis from various causes, including soaps, cosmetics, jewelry, insect bites, poison ivy, poison oak and poison sumac.

People who know their skin irritation is caused by one of these problems can benefit from over-the-counter hydrocortisone products. They are among the safest and most effective. They are now more affordable and readily available to consumers without a doctor's prescription, Lapidus says.

At the same time, he notes that hydrocortisone products should not be used for itching caused by bacterial or fungal infections such as athlete's foot.

Lapidus also urges people to consult a doctor if they are unsure of the cause of their skin problem, or if their skin condition fails to clear up within a week.

### FANCY THAT!

Experts estimate 25 percent of the working population in America suffers from some sort of stress or anxiety disorder.

Most of these people however, don't do anything to relieve their problems. That can be unfortunate. Left untreated the condition can not only get worse, it can have serious physical consequences.

Fortunately, doctors now have anti-anxiety medications that can help relieve anxiety. If you're anxious out of proportion to what's happening in your life, see your doctor.



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## STROKES

The symptoms of a stroke differ, depending upon the part of the brain affected. The victim may or may not lose consciousness, and may or may not have a convulsion. Major signs of a stroke often include one or more of the following:

1. Intense headache.
2. Difficulty in alteration in speech.
3. Suddenly impaired vision.
4. Weakness.
5. Paralysis, tingling or numbness of one or more parts of the body, usually localized on one side of the body, as an arm, a leg, or both, or the muscles of one side of the face (evidenced by one drooping eyelid, or sagging of one side of the mouth).

6. Difficulty in breathing or swallowing.

7. Loss of control of bladder and/or bowel.

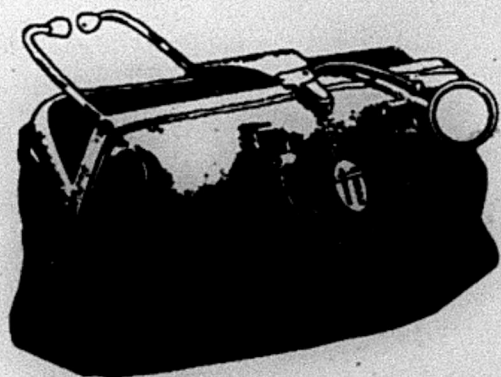
8. Unequal size of the pupils of the victim's eyes.

In case of major strokes, the following first aid measures are in order:

1. Maintain an open airway.
2. Position the victim on his side to allow secretions to drain from the side of the mouth.
3. DO NOT give him fluids.
4. Call for medical advice as soon as possible; hospitalization is usually necessary.

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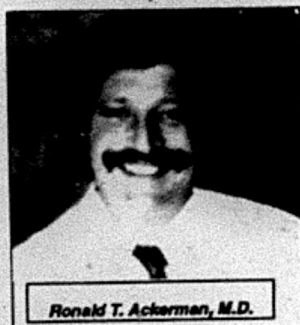
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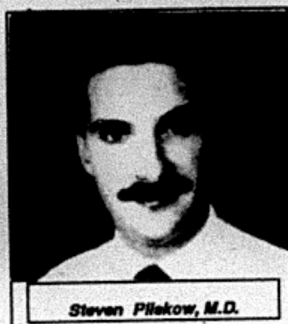
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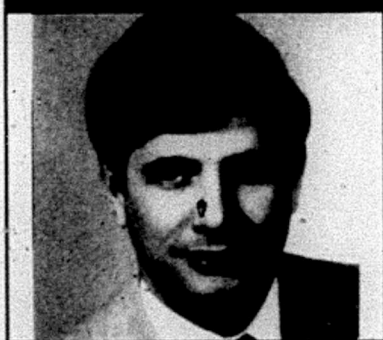
Dr. O'Dea is board certified in both Internal Medicine and Cardiology. Dr. O'Dea offers complete cardiac care including: echocardiogram, stress testing, heart monitoring, and care for patients with pacemakers.

Dr. O'Dea was educated at Rensselaer Polytechnic Institute and New York Medical College.

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## GENERAL SURGERY



**Jose A. Pineda, M.D.**

Dr. Pineda is a general surgeon, his practice includes endoscopy and complete surgical care for gastrointestinal problems, breast disease, vascular problems and trauma care.

Dr. Pineda is Chairman of Surgery at Everglades Memorial Hospital.

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## GASTROENTEROLOGY



**Harold L. Sussewell, M.D.**

Dr. Sussewell specializes in the treatment and care of stomach, intestinal and colon problems - such as stomach discomfort, gallstones, ulcers, polyps, and digestive problems.

Dr. Sussewell is a graduate of Brown University and Boston University Medical School.

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Dr. Adams is board certified in orthopedics. Dr. Adams' practice includes the diagnosis and treatment of skeletal problems with specialized treatment in the areas of: fractures, sports medicine, back and spinal disorders, arthroscopic surgery, joint replacement and reconstructive surgery. Dr. Adams completed his education at Harvard University and Howard University Medical School.

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Dr. Crowell directs the most progressive eye care and surgery facility in the Glades. The center offers: eye examinations, diabetic eye care, pediatric eye care, glaucoma screening and care, cataract surgery and implants, corneal transplants and laser surgery.

Dr. Crowell completed his medical education at Cornell University in New York. An internship at Beth Israel Medical in New York followed.

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## INTERNAL MEDICINE



**Christopher J. Mavroides, M.D.**

Dr. Mavroides is board certified in Internal Medicine. Educated at Williams College and the University of Cincinnati Medical School. Dr. Mavroides practices Family Medicine with a strong interest in diabetes, cardiovascular disorders, hypertension, geriatrics, and chemical dependency problems. In 1990, Dr. Mavroides was elected Chief of Staff at Everglades Memorial Hospital.

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Dr. Miller's pediatric practice includes: routine office visits, vaccinations, screenings, newborn care and physicals.

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Ms. Seng has directed Everglades Physical Therapy since 1989. She was educated at Florida International University's Physical Therapy Program. The facility offers rehabilitation services for the entire community, including infant stimulation programs, pediatrics and adults to geriatrics, with medical, neurological, orthopedic, and painful problems. We specialize in rehabilitating persons with work related injuries.



**Michael A. Garvin M.D.**

Dr. Michael A. Garvin's practice includes the diagnosis and treatment of both children and adult foot and ankle conditions. Dr. Garvin specializes in general podiatry, diabetes, sports medicine, as well as surgery. Dr. Garvin attended medical school at the Illinois College in Chicago, IL. He completed his residency at affiliate hospitals in Bloomington, Illinois. 185 S. Barfield Highway across from Everglades Memorial Hospital. 924-7216

### Oh! My Aching Feet

Improving the health of your feet is definitely a step in the right direction, experts agree.

Women complain of aching feet more often than men, primarily because of uncomfortable or ill-fitting shoes. The proper shoes can go a long way in relieving stress on the foot and body that leads to soreness and injury. When shopping for dress or athletic shoes, follow these guidelines for healthy, happy feet:

\*Shop for shoes in the afternoon or evening, when your feet have had time to spread. This ensures the shoes you buy won't be too tight at the end of a long day on your feet.

\*The sales person should measure both feet for length and width to ensure proper fit. Your feet can change size, or one may be bigger than the other.

\*The width of the shoe is just as important as the length.

\*Make sure your toes have "room to wiggle." The toe box should be roomy enough that your toes aren't pressured from the top, front or sides of the shoe.

\*Shoes should never slip at the heel. A woman's heel is narrower in proportion to the rest of the foot than a man's. Make sure you buy a shoe designed specifically for women.

\*Walk around the store with the shoes on to be sure they are roomy enough. When buying athletic shoes, jump up and down to see if the shoes have proper cushioning.

\*Pick a shoe designed for your sport of choice: walking, tennis, and aerobics each challenge your muscles in slightly different ways.

### ANIMAL BITES

Animal bites are worrisome mainly because of the fear of rabies. Rabies is a fatal disease but, fortunately, takes a number of days to develop after a person is bitten by a rabid animal. An infected person can be saved through a series of medical treatments. Take the following steps:

1. Seek medical assistance immediately and watch closely for signs of shock.
2. Scrub wound with soap, rinsing thoroughly with running water and place a clean bandage on the wound.
3. Keep the animal penned up and contact local animal control authorities to determine if it is rabid. If it is necessary to kill the animal, the head should be kept intact and refrigerated (but not frozen) for brain analysis. If the animal cannot be caught, be prepared to give a description as well as the last place it was seen.



## Do You Know These Facts About Breast Cancer?

How much do you know about breast cancer? The answer is probably "not enough," because few people like to think about the subject. But your health, and even your life, or the life of a woman close to you, may depend on knowing a few simple facts.

\*One out of every 10 American women will develop breast cancer in her lifetime.

\*Breast cancer can occur without any warning signs, and more than 80% of breast lumps are not cancerous.

\*If breast cancer is diagnosed and treated early, the five-year survival rate is more than 90%.

\*Modern mammography can reveal small breast cancers up to two years before they can be felt.

There is no need to be afraid to learn about breast cancer. The facts are encouraging and reassuring. If you remember only one thing about breast cancer, it should be this: **Your best protection is early detection.** Early detection provides the best opportunity to treat breast cancer successfully, and a diagnosis may not mean removal of the breast.

Doctors recommend this three-step early detection program:

**Schedule regular mam-mograms**-your first screening mammogram by age 40, one every year or two to age 49, and every year after 50;

**Practice monthly breast self-examination**-your doctor can show you the proper method;

**See your doctor for regular breast examinations**-at least every three years until age 40, then every year.

## CANCER SYMPTOMS

### Seven Warning Signals

1. Change in bowel or bladder habits.
2. A sore that does not heal.
3. Unusual bleeding or discharge.
4. Thickening or lump in breast or elsewhere.
5. Indigestion or difficulty in swallowing.
6. Obvious change in wart or mole.
7. Nagging cough or hoarseness.

For more information about these and other medical problems, see your family physician.

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Glades General Hospital is a non-profit 73-bed, full service acute care facility serving the residents of Western Palm Beach, Hendry and Glades counties. GGH is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is committed to providing quality care to all of the residents it serves.

Our facility remains dedicated to providing the best, most modern health care available. Throughout the hospital you will find examples of the commitment. For example, Glades General's surgery area now has new equipment and facilities for both laser and endoscopic surgery. The critical care unit has been completely renovated to include the most modern medical equipment and is designed with a special emphasis on patient privacy and comfort. In addition, the radiology department is currently adding upgraded CAT scan equipment to its list of modern technology available.

Additionally, Glades General continues to provide 24-hour, physician staffed emergency room care. Outpatient services include Radiology, Laboratory, Physical Therapy, Respiratory Therapy, a Breast Diagnostic Center and a Renal Care Center. Our facilities also include both inpatient and same day surgical suites.

The strength of our hospital lies in the commitment and dedication of every member of our staff. The highly qualified physicians on our medical staff provide a wide range of services designed to meet all of your health care needs. Our nursing and professional support service staff are also dedicated to providing healthcare excellence. Through these professionals, Glades General is able to offer the perfect combination of modern technology and familiar surroundings, with a caring staff of fellow members of the Glades community. Those without a personal physician can take advantage of the hospital's free physician referral service by calling (407) 996-6571 ext 446. This service is available 8 a.m. to 4 p.m., Monday through Friday.

Glades General is your hospital, dedicated to providing quality care by caring professionals.

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# Glades General Hospital

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### **SNAKES**

There are two kinds of poisonous snakes in the United States. The pit viper group consists of the rattlesnake, the copperhead and the water moccasin. These snakes leave conspicuous fang marks along with the smaller teeth imprints and produce swelling and blood blisters. The coral snakes do not leave fang marks. Treat all snake bites as if they were poisonous.

The effect of a poisonous snake's bite depends on the size of the victim, the location of the bite, the amount of venom injected, the speed of venom absorption and the time evolved between the bite and the treatment.

Treatment consists of transporting the victim to immediate medical attention. Reassure him, keep the injured limb immobilized and refrain from ingesting any alcoholic beverages. A tourniquet may be applied to slow down systematic absorption of venom, but should not be so tight that blood vessels swell.

There are opposing views on cutting the wound and eliminating the venom through suction (oral or mechanical) but if the former method is attempted, be certain there are no open wounds or possible areas of infection in the mouth.



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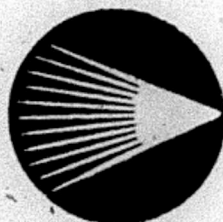
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## Accessorize With Chic Reading Glasses

The psychological impact of wearing reading glasses can be reduced if several pair are kept in different colors and styles to match a wardrobe or activity. The experts at Marchon & Marcolin suggest that fashionable designs and colors can turn a tired "Ben Franklin" image into a look that is contemporary and fun.

**Presbyopia** occurs as we age when the lens of the eye becomes less flexible and less able to accommodate a clear focus in mid-to-close distances. According to Dr. Jack Weber, Marchon & Marcolin's Director of Education and Research, the solution is to wear reading glasses or bi-focals.

Until recently reading glasses implied a stigma of old-age. They were never youthful or stylish.

All that has changed say the experts at Marchon & Marcolin. Reading glasses, or half-eyes as they are called in the eyewear industry, tend to be bolder, more colorful and much more fun to wear. Today, reading glasses are available in cherry-red, emerald green, grape, turquoise and metallic blue, besides the usual tortoise and grays.

"The psychological impact of wearing reading glasses can be diminished," says Dr. Weber, "if you keep several

pair that are color and style appropriate for the many facets of your life." He suggests investigating new eyewear materials and combinations of metal and plastic that can lend an air of authority, an image of elegance or a look that is just plain fun.

CFG halfeyes are available in fourteen unusual colors. CFGs are made from carbon fiber graphite, the lightweight and sturdy material in golf clubs and tennis rackets. A new material called Flexon makes bendable, twistable, tamper-proof eyeglass frames. For elegant dinner engagements, Marcolin eyewear has created reading glasses styled with glitter and gold.

Dr. Weber adds, "Why think of presbyopia as a traumatic experience, when eyewear has become an important fashion accessory. Take advantage of chic fashion choices and make reading glasses fun to wear."

## Dear Jenny

A Winning Weight Loss Plan  
By Jenny Craig

**Q:** Why shouldn't I go for the quickest weight loss plan I can find?

**A:** As tempting as quick weight loss is, most health professionals do not recommend it. Rapid weight loss is both unhealthy and unlikely to be maintained. You have spent your whole life learning the eating and exercise habits which contribute to your weight problem.

Replacing those habits with healthy (slim) habits is a gradual process which requires time. In fact, it requires a fairly significant lifestyle change.

You must commit to scheduling exercise into your week and change the way you think about and use food. There is a lot to do if you want to keep the weight off and the easiest way to do it is one small step at a time; and that takes time! Losing weight slowly as you learn to plan nutritionally balanced menus and practice healthy eating and exercise behaviors is the safest and surest route.





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### **ASTHMA ANSWERS**

Today, there are an estimated ten to 15 million American adults and children suffering from asthma, a respiratory disease which blocks the airways and makes the ability to breathe more difficult.

Many physicians now believe that to halt the disturbing rise in emergency room visits and ease the many emotional and practical challenges faced by asthma patients and their families, there's a continuing need for up-to-date information on this chronic illness.

That's the reason for the creation of a new newsletter called *Air Currents*, offered free as a public service by All & Hanburys Respiratory Institute. It is an educational resource program supported by an educational grant from Allen & Hanburys, a division of Glaxo, Inc.

In addition to information the newsletter offers practical advice on how to deal with asthma and lead a healthy life.

Here from *Air Currents* are some tips on how to avoid situations which trigger an asthma attack and how to treat it once it occurs:

\*Talk to your doctor about medications you can use before exposure to known but

unavoidable asthma triggers such as cold, dry air, animal hairs, and shifts in the pollen season.

\*Exercise is a trigger of an asthma attack in some people. Many individuals who do not normally suffer from asthma can suffer from exercise-induced asthma (EIA), as can those who have well-established asthma.

\*EIA can be prevented by medication prior to exercise and most physicians now recommend exercise for their asthmatic patients for cardiovascular and overall conditioning benefits it offers.

\*Remember to review and update medicine routines regularly to accommodate seasonal changes in activities and schedules. Also, as children grow, medication needs change too.

\*There are three million children with asthma. They should be encouraged, under medical supervision, to participate in all activities including exercise and sports.

#### **Free Subscription:**

A free subscription to *Air Currents* is available from The Allen & Hanburys Respiratory Institute, Dept. NAPS, 301 East 57th Street, New York, N.Y. 10022.

## NEWS OF NUTRITION

### Vitamins: How Much Is Too Much?

When it comes to vitamins, there can be too much of a good thing, experts agree.

Vitamin A, for example, is a fat soluble vitamin, which means it can be stored in your body and need not be replenished each day. More than 100,000 I.U. (International Units) of Vitamin A daily can produce toxic effects in adults, if taken for many months; more than 18,500 IU daily can produce toxic effects in infants. Toxic side effects include hair loss, nausea, vomiting, diarrhea and blurred vision.

The B-vitamins are water soluble, which means they are excreted and not stored in the body, so most of them are non-toxic, but taking too much of one can lead to a deficiency of the others. Vitamin B-6 can be toxic—daily doses of two to ten

grams can cause neurological disorders.

Vitamin C is another water soluble vitamin and many say it may be the most important. People, unlike most animals, cannot make Vitamin C in their body so the supply needs to be replenished daily. The National Research Council recommends 60 mg per day for the average person but they caution that personal habits, lifestyle and the environment may affect nutritional needs. Smokers, for example, need at least 100 mg of C per day. Many researchers are discussing the health benefits of doses many times the RDA since Vitamin C seems to be safe at almost any level.

Dr. Taylor of the Human Research Center on Aging reports that as little as 500 mg of Vitamin C every day



**Knowing their vitamin A, B, C's could spell better health for many people.**

may protect against certain types of cataracts with Dr. Verlangieri from the University of Mississippi stating that twice that amount may reduce arterial build up and heart disease. According to Dr. Bulpitt at a leading London hospital, high blood pressure could result from Vitamin C deficiency but the most encouraging news comes from the National Cancer Institute where Dr. Block concludes that as many as 13 different types of cancer may be prevented with Vitamin C.

In the past, large doses of vitamin C could lead to digestive distress. Fortunately, there's now a vitamin supplement that lets you get all the health benefits of vitamin C without the stomach upset. It's called Ester-C and is the only patented Vitamin C that helps your body use the amount you take more efficiently through better absorption. It's available at health food stores and many pharmacies. For a free sample, further information and the name of a store near you call 1-800-326-1520 and ask for extension C.

Knowing their vitamin A, B, C's, it seems, could spell better health for everyone.



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# DID YOU KNOW?

*Holiday Sniffles—Nothing To Sneeze At*

Surprising to many of us is that those cold or flu-like symptoms can actually be touched off by air pollution inside our homes. The causes can be as common as house dust or as seemingly innocent as Christmas trees and decorative flowers.

Short of living in a sterile room, there's no way to completely eliminate indoor allergens. However, experts at Honeywell, a leading maker of air quality control equipment, suggest these three steps to minimize them in your home.

## Remove or Control Sources

Some of the things you can do to get rid of the cause are:

- Steam clean carpeting and stuffed furniture.
- Wash bedding weekly in water at least 130 degrees hot to control dust mites.

• Clean humidifiers and dehumidifiers, and keep the house dry and humidity controlled so you aren't cultivating mold, mildew and mites.

• No smoking. There's now a lot of strong evidence that children who live in houses where grownups smoke have more allergic diseases and asthma.

## Ventilate

Many homes are admirably insulated and energy tight. Unfortunately, that means there's so little fresh air getting in that indoor air pollution can build up to levels far higher than that outside.

• An energy recovery ventilator expels stale air and brings in fresh outside air without the obvious energy or comfort penalties that opening a window would impose.



Flu-like symptoms can be triggered by Christmas trees and other indoor pollutants.

## Clean the Air

There's no substitute for clean air. Unfortunately, most indoor air pollution blows right through an ordinary furnace filter and right back into your home.

• Standard furnace filters catch only a small portion of pollutants and will recycle even dust throughout

the house if they aren't cleaned or replaced regularly

• An electronic air cleaner can remove up to 95 percent of most common indoor airborne allergens including dust mites, mold, pollen and animal dander.

• There's growing medical evidence that high efficiency air cleaners can provide relief to many people.

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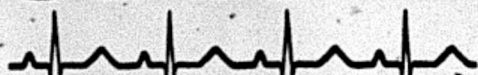
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# CPR CAN SAVE A LIFE!!



## SIGNALS OF HEART ATTACK

The most common signal of a heart attack is

- uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone.

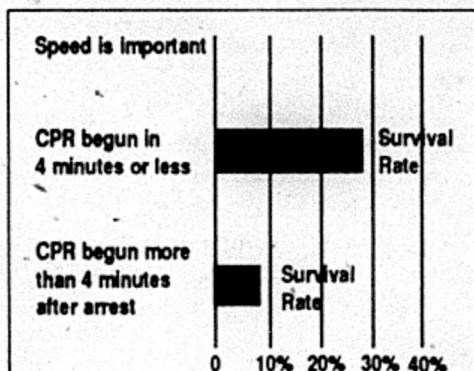
Other signals may be

- Sweating
- Nausea
- Shortness of breath, or
- A feeling of weakness

Sometimes these signals subside and return.

## ACTIONS FOR SURVIVAL

- Recognize the "signals".
- Stop activity and sit or lie down.
- If signals persist 2 minutes or longer, call the local emergency number, usually 911, or if not available, the victim should be taken to the nearest hospital emergency room that provides emergency cardiac care.



## THE ABC'S OF CPR

CPR is a simple procedure, as simple as A-B-C: Airway, Breathing, and Circulation.

### A. Airway

If you find a collapsed person, determine if the victim is unconscious by gently shaking a shoulder and shouting "Are you all right?" If there is no response, shout for help. If the victim is not lying flat on his or her back, roll the victim over, moving the entire body at one time as a unit. Then open the airway.

To open the victim's airway, lift up the chin gently with one hand while pushing down on the forehead with the other to tilt the head back. Once the airway is open, place your ear close to the victim's mouth:

- Look - at the chest for movement.
- Listen - for sounds of breathing.
- Feel - for breath on your cheek.



If none of these signs are present, the victim is not breathing.

If opening the airway does not cause the victim to begin to breathe spontaneously, you must provide rescue breathing.



## B. Breathing

The best way to provide rescue breathing is by using the mouth-to-mouth technique.

Using the thumb and index finger of the hand that is on the victim's forehead, pinch the victim's nose shut while keeping the heel of the hand in place to maintain head-tilt. Your other hand should remain under the victim's chin, lifting up.

Immediately give two full breaths while maintaining an air-tight seal with your mouth on the victim's mouth.



## C. Circulation

After giving the two full breaths, locate the victim's carotid artery pulse to see if the heart is beating. To find the carotid pulse, take your hand that is supporting the chin and locate the adam's apple (voice box); slide the tips of your fingers down into the groove beside the adam's apple; feel for the pulse.

If you cannot find the pulse, you must provide artificial circulation in addition to rescue breathing. Activate the Emergency Medical Services (EMS) System: Send someone to call the local emergency number (usually 911).



## EXTERNAL CHEST COMPRESSIONS

Artificial circulation is provided by external chest compressions. In effect, when you apply rhythmic pressure on the lower half of the victim's breastbone, you are forcing the heart to pump blood. To perform external chest compression properly, kneel at the victim's side near the chest. With the middle and index fingers of the hand nearest the legs, locate the notch where the bottom rims of the two halves of the rib cage meet in the middle of the chest. Place the heel of one hand on the sternum next to the fingers that located the notch. Place your other hand on top of the one that is in position. Be sure to keep your fingers up off the chest wall. You may find it easier to do this if you interlock your fingers.

Bring your shoulder directly over the victim's sternum as you compress downward, keeping your arms straight. Depress the sternum about 1 1/2 to 2 inches for adult victim. Then relax pressure on the sternum completely. Do not remove your hands from the victim's sternum, but do allow the chest to return to its normal position between compressions. Relaxation and compression should be of equal duration.

If you must provide both rescue breathing and external chest compressions, the proper ratio is 15 chest compressions to 2 breaths. You must compress at the rate of 80 to 100 times per minute.

Ratio of Compressions to Breaths	Rate of Compressions
15:2	80-100 times/minute



# *Welcome to*



## Palms West Hospital

The 117-bed employee-owned facility is part of HealthTrust, Inc., a company which manages 85 hospitals throughout the United States. "We stand poised for new opportunities," said Mike Pugh, CEO of Palms West. "We have a vision of health care for our community that extends well into the year 2000.

Palms West began planning for the future even before its opening in 1986. The Hospital was the first western facility to envision the need for locally based obstetrical services, and opened its modern state-of-the-art family birthing center in 1989. To date, the Center has delivered more than 2000 newborns. In addition, a significant commitment to laser technology was made in 1990. Magnetic Resonance Imaging Services (MRI) came to the hospital campus the same year, soon followed in 1991 by the area's first hospital-based Pulmonary Rehabilitation Service. Moreover, because of its earned reputation for quality, Palms West has quietly become the preferred western-based hospital for nearly all of Palm Beach County's managed care HMO and PPO insurance plans. Two modern Medical Malls are located just walking distance from the hospital.

The Hospital hasn't stopped planning for the future. A major construction program to expand the ground floor for more efficient outpatient services has been approved; a new third floor patient wing is on the drawing board; and the hospital will soon begin construction to double its parking capacity for patients, physicians, and visitors. In addition, plans are under way to develop an additional 32 acres on the Hospital's property to further position Palms West for continued expansion and introduction of new services in the 1990's; a heady agenda for a young hospital which opened its doors just five years ago.



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